

729

A
TREATISE
OF THE
Spleen and Vapours :
OR,
HYPOCONDRIACAL
AND
HYSTERICAL AFFECTIONS.
WITH
Three DISCOURSES on the
Nature and Cure of the CHOLICK,
MELANCHOLY, and PALSIES.

Never before Published.

WRITTEN BY
Sir RICHARD BLACKMORE, Kt. M. D.
and Fellow of the Royal College of Physicians
in London.

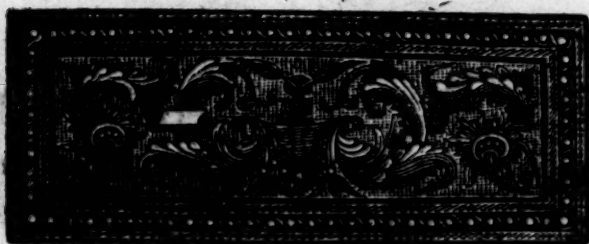
L O N D O N :

Printed for J. PEMBERTON at the Buck
and Sun over-gainst St. Dunstan's Church in
Fleet-street, MDCCXXV.

4

IV W. g.





THE
PREFACE.



F the Natives of this Island, either from the peculiar Constitution of the Air they breathe, or the immoderate Quantity of Flesh-Meats they eat, or of the Malt Liquors they drink, or any other secret Causes, are more disposed to Coughs, Catarrhs, and Consumptions, than the neighbouring Nations; they are no less obnoxious to Hypochondriacal and Hysterick Affections, vulgarly called the Spleen

A 2

and

and Vapours, in a superior and distinguishing Degree. And of all the Chronical Distempers that afflict the Body, or disturb the Mind, these two, Consumptions and the Spleen, are in this Kingdom the most rife and prevalent; and either directly by their own Power, or by introducing other Diseases, make the greatest Havock and Destruction among the People. As by the various Kinds of Fevers, if Dr. *Willis* judges right, a third Part of the People are taken off; so it is reasonable to suppose that the like Proportion of those that escape the Fury of inflammatory and malignant Fevers, are destroyed or made miserable by the Diseases of which I am speaking. And therefore as I have published lately a Treatise on the Nature of Coughs and Consumptions, and the Method of Curing them, for the Service of my Countrymen;

The Preface.

v

trymen; so in the same View I have now attempted to account for the Nature and Causes of the Spleen and Vapours, and have set down the Method and Medicines, which in my Judgment are the most effectual for the Relief of the afflicted Patients.

If a Phthisis is justly called by Foreigners *Tabes Anglica*, or the *English* Consumption, because it is most predominant, and in a manner peculiar to this Country; I am well assured there is no less Reason to give to the Distemper I have chosen for the Subject of this Treatise, the Appellation of the *English* Spleen; since it has here gained such a universal and tyrannical Dominion over both Sexes, as incomparably exceeds its Power in other Nations: for though in foreign Climates, especially those nearer the Sun, Disorders of Mind, Lunacy, and disturb-

ed Imagination, are very frequent ; yet the *English* Spleen, as I have now named it, and as I have described it in the following Pages, is comparatively but seldom found among the Inhabitants of other Countries.

An Author that aims at the general Benefit of Mankind, and would extend the Usefulness of his Works to all that read them, should reflect, that Perspicuity is a Perfection of Writing so necessary to this end, that without it the Sense and Meaning of the Author is in a great measure lost, even to attentive Readers; while the greatest Part of Men will not peruse, but lay by and reject those Writings, because of the Difficulty of understanding them ; for Man by Nature is such a slothful Animal, that he cares not for Knowledge and Instruction, that is not communicated in an easy manner ; such as gives him no Trouble, and requires
but

The Preface. vij

but little Application. For this Reason I have endeavoured to convey my Sentiments to the Reader in clear and obvious Expression, not only to the Sons of Art, but to all intelligent Persons, though not great Scholars, or Students in Physick; and I hope there will not appear to Persons of a competent Capacity any thing intricate or obscure, for want of significant and intelligible Words; though sometimes it may happen otherwise, when the Subject-Matter it self is superior to their Apprehension, who have been wholly unacquainted with such Ideas.

Since all Diseases are Deviations from the natural Rectitude of the Constitution; and therefore break the Symmetry, and subvert the regular Coherence and Subordination of the various Parts, they cannot but introduce intestine Discord and Commotions, that tend to the Dissolu-

lution of the whole Structure : It is therefore reasonable to examine what Principles the human Body is compounded of, what Order, Connexion and Dependence is observed in a perfect Composition ; that so Diseases that are the Errors or Defects of those Principles, and in some degree subvert their Harmony, due Mixture and Combination, may be discovered.

After *Aristotle's* ill-managed System, supported neither by Reason nor Experiment, had the good Fortune to become the Philosophy in Fashion, the Physicians generally gave into the Doctrine of his School, and formed their Notions of Diseases and their Cure, in Conformity to the Peripatetick Principles, that by a swift Growth acquired great Power and Authority : and now the Errors of this crude and lazy Philosophy being admitted into the

Æscula-

The Preface. ix

Æsculapian Colleges, and mingling with their Conceptions, corrupted and depraved the Simplicity of the Art of Physick, as it was carried on before by the experimental Practisers. But at length a great Revolution happened in the Commonwealth of Learning, when the Authority of *Aristotle*, who had gained an Empire of vast Extent and long Duration over the Schools and Colleges of Knowledge, began to decline and grow out of Credit. And it is indeed wonderful that an Hypothesis of Philosophy should continue so long in great Reputation, that had only imaginary Foundations to rest upon. And now the Peripatetick Scheme began to be disgraced by many, that, from a generous Principle to assert their natural Right to the free Exercise of Reason, upon an impartial Examination of Things, threw off the Yoke of

of Servitude and *Aristotelian* Bigotry. And soon after, when the Colleges and Schools, that were defended by the Adherents of this Philosopher, had revolted and rebelled against the Prince of Science, which was then his Title, the greatest Part of the Heads of this Defection restored the Atomical or Corpuscularian Doctrine ; and then the Physicians turning about with the Times, espoused this Hypothesis, and framed their Notions in Conformity to it.

But *Carolus Piso*, a *French* Doctor of considerable Reputation, endeavoured to revive the Philosophy of *Anaxamenes*, one of the first Masters of the *Ionick* School in *Greece*, who taught his Scholars, that Water was the fertile Parent of all compound Bodies ; while others of equal Fame ascribed their Production to Air or Earth, or Fire ; for each Philosopher had his favourite Element, on which
he

he conferred the Honour of being the sole Principle that constituted all the Varieties of corporeal Beings. Now the Author I have named, in his Poem before his Book *de Morbis Serosis*, declares for the Doctrine above-mentioned, that all Things are produced from Water; and therefore in Congruity to that Hypothesis, labours to shew in his Treatise, that Water, or *Serum*, in its defective and degenerate State, whether that consists in an excessive and disproportionate Quantity, or a depraved and putrefactive Quality, is the fatal Fountain whence Diseases of all Denominations are derived.

It is true, that this Notion is extended to an unreasonable Compass; for it is certain, that the ill Constitution either natural or acquired of the solid Parts, the relaxed Tone of the Fibres, the Glands and other organical Parts of the Body, or the
Obstru-

Obstruction of the Minute Vessels by various Impurities and Concretions, are evidently the Causes of many and great Distempers; but if that Author had confined his Notion to Fluids, and charged the Production of the greatest Part of Diseases, to which Mankind are obnoxious, on the vitiated State of those Fluids, his Hypothesis might have been looked upon as very justifiable: Since it is reasonable to believe, that the Distempers that affect the Head, the System of the Nerves and the Animal Spirits, all proceed from the depraved serous Streams, that irritate and provoke the nervous Fibres, and drive the Spirits into Disorder and Confusion, as will appear at large in the following Pages.

But the Truth is, the ill Conformation of the solid Parts, and inordinate Dispositions of the Juices or Serum, often conspire as partial and confede-

The Preface. xiiij

confederate Causes in the Constitution of Distempers, and by affecting the Nerves, those irregular noxious Humours must have yet a wider Province, than appears at first sight. It is reasonable to suppose, that all kinds of Fevers take their Rise from the Nerves, since they all make their first Insult and Impressions on those Parts; as appears by the Rigours, Shiverings and convulsive Catchings and Tremblings, that introduce all kinds of this Disease, whether putrid or inflammatory; and when the Matter of the Distemper is discharged from the Nerves and received into the Blood, the Symptoms mentioned before, that belong to the *Genus Nervosum* in the milder Sort of Fevers, disappear, and are succeeded by a boiling Heat in the Blood, and usually a great Thirst. And it is very evident, that in Fevers attended with the greatest Putrefaction

trefaction and Malignity, the Blood is not at all infected; but the destructive Matter convey'd by the Air, as it were a poisonous Gas, a pestilential Damp or deadly Exhalation, like that which is sometimes let out by Delvers from metallick Veins, abolishes in a Moment all vital Motion, by extinguishing at once the System of the Animal Spirits: Thus in the Times of a raging Plague, Persons walking in the Streets have fallen down dead in an Instant, as if struck with a Flash of Lightning; and others have lived but few Hours after they were attacked: whence it is plain, that this worst sort of Fevers affect the Spirits and Nerves only, since they destroy the Patient, before they can communicate their Poison to the Blood, or produce any Symptoms there.

Now it is certain, that Hypochondriacal and Hysterick Patients very
I often

The Preface. xv

often suffer the same Symptoms that introduce a malignant Fever; and so much resemble each other, that they are not easily distinguished; and therefore they often impose even upon Physicians, as well as the Friends of the Patients, as I have observed in my Treatise on Fevers.

While I agree with *Piso*, that the Diseases which affect human Bodies generally proceed from the Depravity and ill Disposition of the *Serum*, or Fluids, distinguished from the Blood, I must explain my Meaning, which I suppose was the Sense likewise of the Author I have named; that is, that the *Serum*, which waters the Traces of the Brain, and passes through the *Medulla Spinalis*, and the minute Tracts of the Nerves, is not simple and unmixed elemental Water, but such as contains the generous and active Principles of refined Sulphur, Spirit, and volatile Salt,

xvj *The Preface.*

Salt, separated from the Blood by the Ministry of the Glands, or the fine Pores of the Brain ; and then I conceive that the degenerate and vitiated State of such *Serum* is, according to the Opinion of our Author, the true Cause of most Diseases ; and that it is so, particularly of the Maladies I have discoursed upon in the following Treatise, will be shewn afterwards.

Since this Distemper has gone by the Name of the *Spleen* from the primitive Ages of Physick to this Time, one would think it reasonable to conclude, that some Defect in the Function of that Bowel had occasioned that Appellation ; but on attentive Enquiry into the Office of that Organ, it evidently appears to me, that it was not formed for the Benefit and Preservation of the Animal, of which it is a Part ; and that therefore it is of no use at all in respect

The Preface. xvij

spect of the Individual. Physicians and Anatomists in all Ages, and in all Nations, have endeavoured to discover and settle the ministerial Duty of that organical Part; but notwithstanding the great Variety of Schemes laid down for a due Explanation of it, the Use of the Spleen is still a Secret that has eluded the Search of the most penetrating and sagacious Enquirers.

Nor does it continue less a Mystery, or involved in fewer Difficulties, since the late Attempt of a learned Physician and skilful Anatomist to unfold it. It does not however cast any Dishonour on that ingenious Gentleman, that he has not found out the Use of the Spleen, which the greatest Physicians and Anatomists in all Ages have laboured in vain to discover; for those that undertake an impossible Task, are sure to miscarry. And that this

xviii *The Preface.*

is such, I conceive I have made evident, by demonstrating that the Spleen is of no use to any Individual that enjoys it, which I have done in my *Essay on the Spleen*. But that which is surprizing in his Conduct, is, that he should attempt, after this, to discover a new Way of accounting for the Usefulness of that Bowel, without confuting the Evidence I have produced to prove that it is of little or no Service at all in respect of the particular Animal in which it is found.

The Extirpation of the Spleen, without any consequent Mischief, is an uncontested Matter of Fact down to this Time from the eldest Ages, even before the Art of Anatomy or Dissection of human Bodies was well cultivated, and brought to such Degrees of Perfection as it afterwards acquired. And the Experiments of the Antients in this Case have been
abun-

abundantly confirmed, by the concurring Testimonies of the most eminent modern Anatomists, particularly the celebrated *Malpighius* has recorded in his excellent Writings, many Instances of this Nature, in which himself was concerned, at least as a Director and an Eye-witness of the Operation.

If the Spleen then may be taken out entirely from the Bodies of Animals, and those Animals continue without any Marks of Injury or Diminution of Health in any respect whatsoever, but in the Possession of as full Vigour and Alacrity as before; then will it clearly follow, that this is an unnecessary or unuseful Organ of the Body, in respect to the Individual that is possessed of it: the Consequence is as clear as Noon-day. Now it evidently appears by repeated Experiments, as I have said, that the Spleen may be taken out of the
(b 2) Body,

Body, without the least Detriment to the Animal; and I my self have opened the Side of a Dog, and torn off with my Fingers the Spleen from the Parts to which it grew; yet without so much as tying up the Vessels, the Wound in the Side being sowed up, the Creature soon recovered, and shewed no sign of any Damage, or loss of Strength and Spirit, and continued in this healthful State more than a Year after, and much longer, as far as I know.

It is in vain then for Anatomists to proceed in an obstinate Opposition to the clearest Evidence, and lose their Time and Labour in searching after the Use of the Spleen; which if the Arguments I have published are conclusive, is unnecessary to Individuals. And that my Arguments are unanswerable, I hence conclude, that they having been abroad several Years in my Essay on the Spleen,

The Preface. xxj

Spleen, cited before, no Physician or Anatomist has attempted to disprove them: And therefore I cannot but think that they look upon it as too hard a Task; for if they judged themselves able, I have no Reason to believe they are unwilling to confute my Position. And if any learned Physician or Anatomist, that thinks he can invalidate my Reasoning, and subvert my Hypothesis, would do me the Favour to detect my Error, by shewing the unconvincing Weakness of my Arguments, I will give him sincere Thanks, and retract my Mistake: And it may likewise be a Motive yet more prevalent with him to do this good Office, when he reflects, that by his clear and rational Discourse on this Subject, he may prevent others from falling into the same Error with my self, which they may be apt to do, since so much may be said in Vindication of my

(101)

(b 3)

After-

xxij *The Preface.*

Assertion; for it is past all Controversy, from repeated Experiments, as before-mentioned, that the Spleen may be wholly spared; and that after Exsection, it will not be missed by the surviving Animal. And surely if it is so very unuseful to the Individual, that it neither contributes to the Preservation of his Health, Vigour and Vivacity, nor to the Beauty and Strength of its Structure, nor the Exercise of any one of its Faculties, we may then safely conclude, (for no Demonstration can be more evident) that this Bowel, like other organical Parts, contrived for Procreation, is insignificant and unserviceable to particular Animals; and then it follows undeniably from thence, that it must be formed and designed for some Office in promoting the Propagation of the Species; for no Man that acknowledges the Perfections of the Divine Author,

The Preface. xxiiij

thor of Nature, can imagine that an intelligent Agent would act without an End; that he, that has appointed some Service and Use to the minuteſt Fibres and Glands of the Body, would contrive ſuch an ample and admirable Organ, that takes up ſo much room in the Abdomen, and by its large Dimenſion and curious Fabrick, demands ſuch Attention and Regard, ſhould notwithſtanding be ſubſervient to no conſiderable Purpose whatſoever: and yet this muſt be the unavoidable Conſequence, if it be not formed and intended for the End which I have named, ſince it muſt be deſtined either for the Service of the Species or the Individual.

It is impoſſible to inſpect and contemplate this large Organ, without concluding, that it muſt have ſome important Office in the animal Adminiſtration, and that it is not a ſuperfluous

(b 4) and

xxiv *The Preface.*

and impertinent Fungus, or an Error or Sport of Nature; and then it will leave in the Mind no Ground or Reason of doubting, no not the least Hesitation about granting this Conclusion, that the Duty of the Spleen, which is little, if at all, concerned about the Preservation of the Individual, must almost wholly regard the Continuation of the Kind. If it be said, that there may be other Uses of the Spleen regarding the Individual, though they are not yet discovered by any Author; and that it is not just Arguing to assert, that there is no such Use, because it is unknown, which is the Case of Multitudes of Phenomena; nor that it is allowable for me to ascertain any Use merely from this, that others have miscarried in their Attempts to discover it; To this I answer, that I do not assert any Use of the Spleen, but on
the

The Preface.

XXV.

the contrary, have proved that it has none at all, as to the Individual, which is the Point in Controversy. And my Arguments are equally conclusive against all the Uses of the Spleen, which Authors have hitherto ascribed to it, and any others whatsoever, that may be imagined to be yet undiscovered. For if it is certain that the Spleen may be cut or torn from the Side, without the least Hurt to the Health of the Animal, the Truth of which is established by undeniable Experiments, as above-mentioned; then what can be more clear than this, that in respect of the Animal, whence it is taken, it is an idle or superfluous Organ; so that whatsoever Use may be supposed to be so hidden, that it eludes the Observation of the most penetrating and sagacious Men, it is plain that it can have no Office or Function of any Moment or Importance to the Creature,

ture, which can live very comfortably, and perform all the Functions of Nature, as well without it as with it ; it follows then from what has been said, that the Propagation of the Kind, by some way or other, was the End aimed at in the Formation of this curious Bowel, and by what Ways it contributes to it, I have expressed my Sentiments in my Essay on the Spleen, at the end of these Pages, to which I refer the Reader.

But here I must declare, that if I have not been successful, as I hope I have been, in explaining the Way and Method by which it contributes to Procreation ; yet still I affirm, that whatever Use it has, it must regard the Continuation of the Species, and not the Individual : And therefore if I have not sufficiently unfolded the Manner how it is performed, yet my first and main Position

The Preface. xxvij

tion is not affected by it ; for still it must be allowed an undeniable and established Truth from the unanswerable Arguments that enforce it, that the Use of the Spleen principally, if not wholly, respects the multiplying of Individuals.

These Arguments appeared so conclusive to several learned and judicious Gentlemen, that they told me, they looked upon my Hypothesis as established on good Reasons ; nor have I heard of any Objection made against it, except that one ingenious and learned Physician told me, he thought it was too much to build an Hypothesis upon a single Experiment. But this Insinuation, that I have really built an Opinion in Anatomy upon a single Experiment, must arise from Inattention or Disingenuity ; the main Hypothesis I have advanced is, that the Use of the Spleen little concerns the Individual, and therefore

xxviii] *The Preface.*

fore it must respect the Species. To evince the Truth of the Proposition, I have alledged my own Experience, and cited others from the most accurate and skilful Anatomists, that sufficiently prove that this Bowel may be entirely spared, since the Animal feels no want of it in any Respect whatsoever : And if so, my Position stands unshaken, that this Bowel was formed for the Service of Generation, since it contributes little or nothing to the Benefit of Individuals ; otherwise here is an eminent Bowel made for no Purpose, since it is neither useful to the Individual nor the Species. This is my Argument, founded on numerous and undeniable Experiments on various Animals ; and the Way which I have suggested how the Spleen is subservient to Procreation, is likewise strengthened by Observations. How then can any Gentleman affirm, that my Notions are
only

The Preface. xxix

only supported by one Experiment? And what if this last Opinion had been built on no Observation or Experiment at all? Are these always wanting, even when scientifick Evidence may establish the Truth of any Proposition without them? And though it should be granted, that I have not clearly shewn the Way how this Bowel promotes Generation, yet that it does so, I have clearly proved by unanswerable Arguments; and so am at least in this Disputation on an equal Foot with the whole Profession, who believe that the Spleen is formed for the Service of the Individual, but are all ignorant how it performs its beneficial Office. And therefore the Truth of my main Position, that the Spleen is formed and contrived for the sake of the Species, does not stand or fall with that of my last Suggestion concerning the Way of its Usefulness; the

the first I mention as certain, the last only as probable; and each Conclusion is deduced from different Premises in my Argumentation.

Notwithstanding I have some Years ago published an Essay on the Spleen, as said before, together with other Miscellaneous Tracts; yet I have there treated the Subject only as a Philosopher, that enquires into the Works and Operations of Nature: and aiming at the Entertainment and Instruction of politer Readers, I have accommodated that Writing to their Taste, who are not so well pleased with grave and severe Disquisitions: But in these Pages I have managed the Subject as a Physician, and have said no more than what prepares my Way for laying down the Method of Cure. I have however added at the latter end the Dissertation before-mentioned; which, as it relates to the same Distemper,

The Preface. xxxj

temper, so it contains many Things that will give more Light into the Nature of it, and its various Symptoms; and so make this Performance more clear, and the System of my Notions more compleat. Though I have endeavoured to introduce little of that Writing into this, yet some Repetition of Words, Sentiments, and Matters that often occur, and are co-incident in this Treatise, and the Essay added at the end, being unavoidable in the Conduct I have observed, will, I imagine, be forgiven by the judicious Reader.

As to the three Discourses on the *Cholick, Melancholy, and Palsies*, that follow this Treatise on *Hypochondriacal and Hysterick Affections*, I shall not anticipate the Reader, by giving any summary Account of them in this Place. All that I shall say is this, that tho' I have not diffused and extended the Subjects to a great Length,

xxxij *The Preface.*

Length, by entering into the Consideration of many minute and less important Matters, that are fitter to swell a Volume, than to instruct and entertain the Reader; I hope, however, that I have set the Nature and Kinds of each of those Distempers, as well as the Methods of Cure, in so full and clear a Light, that he will find no Reason to complain of too great Succinctness and Brevity.

Since the writing of this Preface, I have received some Remarks from an ingenious and learned Physician, who did me the Favour to peruse it, for which I return him my hearty Thanks. That which is of the greatest Importance in his Observations, is, his Objection to my Position, That the Removal or Extirpation of the Spleen may be performed, without destroying the Health of
the

The Preface. xxxiiij

the Animal. If this, says he, were plainly demonstrated, I allow (and it would be very strange if he should not) that the Spleen is unnecessary as to the Individual. But then he declares, that in his Opinion the Arguments and Instances that I have brought in Evidence to establish the Truth of my Assertion, are not satisfactory; because, says he, 'there
' is required a greater Space of Time,
' and a long Series of convincing,
' repeated Experiments, to support
' my Hypothesis.' When I had deliberately reflected on this Remark, I continued settled in my Opinion, that I had made good my Allegation, by sufficient and unanswerable Reasons, and that I had not left any warrantable Ground of doubting about the Validity of my Proofs. And then I intended in this Preface to set the Matter in a stronger Light, and add an Answer to the Objection

(c)

before

xxxiv *The Preface.*

before-mention'd : But afterwards considering that I should not find room enough in a Preface, without swelling it to a very inordinate Size, to do this so fully and effectually, as not only to remove Objections and Difficulties from the Minds of candid and impartial Enquirers after Truth, but likewise to give them Satisfaction, who shall be the most indisposed to receive it, and thro' the Power of Prejudice or Party-Passions, have the greatest Reluctance and Displeasure to be undeceived and rightly informed ; I resolved to publish a distinct Dissertation on this Subject, that is, that the Spleen may be safely taken out of the Bodies of Animals without any consequent Diseases, or any greater Alterations, than those that happen upon the Excision of the Organs subservient to the Propagation of the Species, of which my Hypothesis makes the Spleen to be one.

OF

ERRATA.

Page 16. Line 14. for *Unconcealed* read *Conceal'd*. P. 20. l. 7. for *Deglution*, r. *Deglutition*. Ib. l. 10. read *while the Patient is*. P. 37. l. 4. after *from* add *it*. P. 43. l. 26. f. *Blood Lympha Ducts*, r. *Blood Vessels and Lymphiducts*. P. 71. l. penult, f. *the* r. *Their*. P. 88. l. 6. f. *repeat* r. *increase*. P. 91. last save one, f. *Voluntary* r. *Involuntary*. P. 102. l. 15. f. *He feels*, r. *she feels*. P. 110. l. 13. f. *Darmant*, r. *Dormant*. P. 116. l. last but six, blot out of *the*. P. 117. l. 16. add *are* after *Tw-bridge*. P. 133. l. 1. leave out the first word *and*. P. 199. l. 1. after *when*, add *the*. l. 5. after *Medicine*, add *is just*. P. 209. l. 19. leave out *so* between *lys* and *flatted*. P. 246. l. 1. f. *Spirits* r. *Disorders*.



OF THE
Spleen and Vapours, &c.



NOTHING was ever so crudely and so ill imagined as the Hypothesis of the Ancients, which likewise has been espoused by a great Part of modern Physicians, concerning the Nature of these Diseases; which I shall afterwards shew are one and the same under different Denominations. As the primitive Practicers ascribed Hysterical Passions to noxious Fumes and Vapours, ascending I know not how, from the Womb, so they fancied that Hypochondriacal Affections have their Rise from dark and windy Steams and Exhalations elevated from the Spleen. Now in the first Place to make it evident that this

B

Ac-

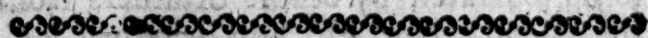
Of the SPLEEN

Account, as well as the Schemes of all other Writers, that charge the Guilt of Hypochondriacal Sufferings upon the Organ before-mentioned, is merely imaginary, as having no Foundation to support it. I will describe the Structure of the Spleen, according to the Observation of the best Anatomists; and then ascertain the Office, which, as it appears to me, that Bowel performs in the animal Oeconomy; and I will then explain its Nature, enumerate its Symptoms, and lay down the Method of Cure. After that I will shew the Nature and Causes of Hysterick Affections.

Of the STRUCTURE of the Spleen.

THE integral Parts that compose this Fabrick, are not formed of coagulated or condensed Blood, as the Ancients, for want of Skill and just Reflexion, rashly affirmed; but the Spleen is a System of membranaceous Fibres, Nerves, and Blood-Vessels, so closely connected, that they leave only little Cells and narrow Apartments, but no Cavity capacious enough to be the receptacle of any Recrementitious Liquors, supposed to

to be separated by occult Strainers from the Blood : Nor can any secretory Vessels be discovered by the most industrious and penetrating Enquirers, designed for carrying off any superfluous or hurtful Humours lodged there. The Kidneys have their papillary Glands to separate the serous Parts from the Blood, and the Ureters are form'd to convey them away; so the Liver, the Pancreas, and the innumerable Family of the Glands are endowed with proper Capacities for Separation, sufficient Receptacles and due Outlets to enable them to depurate the Blood, and free it from noxious or encumbering Humours, which is the Province that Nature has assigned them : But since no such Provisions are made in the Contrivance and Formation of the Spleen, we may as safely conclude it was not intended for such a Task, as that the Hand was not made to see, or hear, being altogether unprovided of Organs subservient to those Purposes; and therefore it is evident, that it cannot be an Instrument contrived to refine the Blood, by dividing from it the dark, dreggy and melancholy Parts, and receiving them into its own Bosom. And this Observation leads me to the Contemplation of a very litigated Subject, I mean the Use of the Spleen in the animal Government.



Of the Use of the Spleen.

THE Divine Author of Nature, to humble the Pride and confound the Vanity of arrogant Wits, and conceited Philosophers, who would fain penetrate and comprehend unsearchable Wisdom, and discover Ways past finding out, has left many inexplicable Subjects and mysterious Appearances, as well in his Works of Creation, as those of Providence. It is true, as the Author of Nature delights to be honoured by various Men, in various Countries and Ages, and has still propagated Knowledge by Degrees, and enabled curious and inquisitive Heads in a slow Succession to bring to Light many important Secrets in the Works and Operations of Nature, which were involved in Darkness, and lay concealed from the Observation of their Ancestors; so it is evident, that the Philosophers of the present Age have been favoured with a great Share of this enlightening Blessing. But notwithstanding all the Improvements and Advances hitherto made by Anatomists and Physicians, an immense Number of Difficulties are still

behind, which the most sagacious and accomplished Wits are altogether incapable of unriddling.

The Use of this considerable Bowel is one of the numerous Classes of *Phænomena*, that remain unexplained. It has eluded the Searches of the tracing Knife, and the acutest Reason, and continues the Reproach of Anatomists, and the Dishonour of Physicians, while Multitudes of the most eminent Sons of Art have attempted to disclose this great Secret in vain; so that the Capacities of Men have hitherto proved unequal to the difficult Task.

Some of the eldest Physicians looked on the Spleen as a noxious, or at least a superfluous and useless Part, not being able to discover what Function it discharged, or what Post it possessed in the animal Government: And therefore they thought it best to be rid of it by Force, as a *Fungus* or Excrecence, not only insignificant but apt to raise great Disorder and seditious Ferments in the Blood. But the far greatest Part believed, that the wise Author of Nature made nothing in vain; and reflecting that the minutest Parts of the Body have their destined Use, and are some Way serviceable to the whole, could not believe that a Bow-

el, which made such a conspicuous Figure by its Size, and the great *Apparatus* and Equipage of Membranes, Arteries, Veins, Nerves and bladdery Substances, that attended it, could be formed and contrived by the intelligent Artificer for no End; especially considering, that this Bowel is found in all perfect Animals except Birds: On the contrary, they declared their Opinion, that an Organ of such Dimensions, such a wonderful Structure, and such a Situation in the Body, must be contrived and designed by the Divine Author for some important Use. But scarce ever was known a greater Diversity of Opinions upon one Subject, than has happened among the Sons of the healing Art, concerning the Office of the Spleen, and its Usefulness. Most of the old Fathers of Physick made it the Sink of the Body, and assigned to it the Duty of a Sponge to drink up impure Recrements, the melancholy Dregs and Lees of the Blood, without discovering any Conveyances to carry them off; which therefore by continually receiving and never discharging, such a black and foul Sediment must unavoidably swell to an immense Size, in what Bodies soever it is found. Others that contemplated the Magnitude, the curious Structure, and the

the Place where it is lodged, refused to debase a Bowel of such Distinction to follow an Office, as that of a meer Scavenger of Nature to carry off the thick Grounds and gross Juices of the Blood, for the Discharge of which the Ancients had however provided no Outlet or Secretory Canals, by which means the Spleen, as said before, must be overwhelmed, and vastly distended; and therefore these Moderns started another Notion, to account for the Use of this Part. They suppose that the thicker Blood, conveyed to the Spleen by its proper Artery, is refined and exalted there to a proper Consistency, and a due State of Purity, lest the grosser Parts communicated to the rest of the Blood by the Veins, should infect and pollute the whole Mass. But against this Hypothesis it may be urged, that the Blood that enters into this Organical Bowel by its proper Artery, is not thicker or heavier than other arterial Blood, as *Malpighius* has shewn by undeniable Experiments; and if it were, yet it must be considered that Nature, to refine and purify the Blood, always employs her Instruments the Glands; but here are none that attend the Artery of the Spleen for this End; and if they did, to what Purpose

would they be subservient, when the Blood, together with the separated Humour, must presently be conveyed to the Veins, and be there again mingled in one Current?

Some have taken a Fancy to assign to this Bowel the Province of another Liver, that converts a Portion of Chyle, communicated to it, into the Nature of Blood, for the Service of the inferior Belly. But if it be considered, that the Blood conveyed to the Spleen, is as bright and pure as any that flows in the other Arteries; that there is no Insertion of Lacteal Veins to be Inlets for such Chyle; and that the Chyle mixed with the Blood in the Heart and Lungs, and afterwards sent to the Spleen, has already been assimilated and converted into the Nature of Blood, as much as that in the other Vessels disseminated through the Frame of the Body; this Hypothesis must fall to the Ground.

Others assert, that the Use of the Spleen is to convey, by the *Vas breve*, an austere or acid Juice, or a fermenting Spirit into the Stomach, as well to assist and compleat its digestive Faculty, as to improve and quicken the Appetite: While some contend, that its natural Office is to provide a Liquor austere and sharp in
a cer-

a certain Proportion, whose Duty, as an active Leven, is to stimulate and quicken the animal Spirits inhabiting the Nerves, dispersed through this intricate Organ; and by that means exalt them to such a Degree of Purity and Swiftneſs, as is required for their proper Functions and the Service of Nature; which Notion I have confuted in my *Essay* on the Spleen.

The celebrated *Malpighius*, an assiduous and accurate Searcher into Nature, has enumerated these various Suppositions, except the last, and by solid Reasons, founded upon just Anatomical Observations, fully confuted them; yet he acknowledges, that he is wholly at a loss what to think of this admirable and artful Organ; he offers, however, his Conjectures, which he imagines are probable; yet he speaks with such Modesty, such Diffidence and Fluctuation, that will tempt the Reader to believe that he laid no Stress upon them: He imagines, that from the Arterial Blood conveyed to the Spleen, some Impurities may be separated by the Arteries themselves, and so be communicated to the Veins, which may, as he conceives, carry them off, and so perform the Duty of secretory Vessels, as the Arteries without the Ministry of the Glands, had before performed
the

the Office of Straining and Separation; But this sagacious Anatomist, who has deserved so well of the World by his Observations, has by no means given a satisfactory Account how the Blood-Vessels in the Spleen can possibly perform these two distinct Offices; Several of the Arguments he uses to subvert the different Schemes of others, effectually destroy his own; and it must be confessed, that the proper Duty of this Bowel for the Service of the animal Life, is so difficult to be accounted for, that it is no wonder so many eminent Authors have given so many different Opinions, while they contend in the Dark, and where every one can demolish another's Hypothesis, but none have convincing Evidence to establish their own. The natural Office then of the Spleen is hitherto a profound Secret, screened in impenetrable Obscurity from the Approaches and Views of the most subtil Enquirers into the intricate Recesses and Walks of Nature.

I have hitherto discoursed of the Substance, Fabrick, and Office of this admirable Organ, the Spleen, that I may prepare a Way to the Discovery of the Nature of Hypochondriacal and Hysterick Distempers, by removing from this Bowel the Guilt that is charged upon it, as
the

the Author of those disorderly Affections; since, as I have evidently proved in my *Essay on the Spleen*, it is little or nothing concerned about the Health and Conservation of the Animal, of whose Body it is a Part; and tho' when it is it self distempered, and contains inordinate, austere, and too acid Juices, it may stimulate the Nerves dispersed through its Substance, and agitate the animal Spirits their Inmates, and so drive them into irregular and convulsive Motions, yet this is no more than what is common with it to all the rest of the Bowels, and less important Parts of the Body, each of which in its Turn may from the like Cause produce the like Effect; that is, all the *Viscera* and Glands of considerable Amplitude dispersed through the Body, may sometimes contain such a Leven or Ferment, that may so far grieve the Nerves and irritate the Spirits, as to impel them into such irregular Flights and Agitations; as are observed in Hypochondriacal Patients.

I shall first enter upon the Nature and Properties of Hypochondriacal Affections, which in my Judgment evidently consist in the irregular and disturbed Motions of the Spirits, and the irritable Disposition of the Nerves; and this was the Opinion

of Dr. *Willis* and Dr. *Sydenham*, and now, I imagine, generally obtains. Upon this Hypothesis the anomalous, inordinate, and sometimes enormous Appearances that accompany this Distemper, may be effectually accounted for, which cannot by any other Way of thinking be unfolded to the Satisfaction of Persons of Reason and Reflection; not surely by the extravagant and ill-concerted Scheme of those Physicians, who suppose the Spleen is a Receptacle of gross Feculencies, separated from the purer Blood; whence they imagine that dark Reeks and Exhalations rising to the superior Parts, especially the Brain, produce the Disorders that attend this Disease. These Authors, one would think, were in very whimsical Circumstances, and far gone in the Distemper which they endeavour to explain. It was an odd Fancy to make this Bowel the Cistern and Sink of the gross Lees and thick Settlements of the Blood, and at the same time to suppose it to be the Spring of pleasant Humour and Alacrity; *Splen ridere facit*; that is, to make it at once the Fountain of Mirth and Melancholy, that causes us by Turns to laugh and cry. This extravagant Conceit may well make the Reader merry; but how the Impurities and foul Dregs in the Spleen

Spleen should cause the Patients profuse Laughter, is an unaccountable Mystery.

Nor are the Symptoms of this Disease to be accounted for, by the Hypothesis of Dr. *Higmore*, and others, who suppose that it proceeds from Crudities, and depraved austere Juices in the Stomach, an immoderate Distention, or relaxed Tone of that Organ, and defective Digestion; which Supposition the learned Dr. *Willis* has abundantly confuted.

Nor is *Veltbusius* more successful in his Attempt to explain the Cause of this Distemper, who has formed an Hypothesis with greater Ingenuity than convincing Light and Solidity, as our Countryman before-named has evidently shewn: Nor is this celebrated Author himself more happy in discovering the Cause of this Disease. He supposes that the more earthy and melancholy Parts of the Blood conveyed by the Artery of the Spleen into that Bowel, being separated and lodging a while there, are exalted into the Nature of a Leven or Ferment, which in a healthful Constitution inspires the rest of the Blood, and enlivens the Spirits in the Nerves in such a Degree, as conduces to the regular Discharge of their Duty in the animal Oeconomy; and if this Leven is too much exalted, and degenerates

rates into a State too fowre and austere, he says that then it overdoes the Design of Nature, and becomes very hurtful, and stimulating the Nerves and Spirits, produces Hypochondriacal Symptoms: This he says in his Book *de Fermentatione*; though afterwards, in other Writings, he seems not to appropriate this Effect to the Spleen, but allows such Disorders may proceed from depraved Humours in the rest of the Bowels.

These are arbitrary and precarious Hypotheses, the Inventions of Fancy and Imagination, unsupported by Reason and Anatomical Observation; for, as *Malpighius*, cited before, has shewn by plain Experiments, that the arterial Blood entering into the Spleen, is as pure and florid as that in the other Parts of the Body; so if muddy and dark Impurities are mixed with it, yet as there are no glandulous Strainers to make a Separation, and if there were, no Conveyances to carry off what is separated, for want of which the dreggy and gross Parts, constantly flowing in, and yet finding no Outlet or Conveyance to the Veins, the Spleen must be augmented, and swell to an enormous Size, as before has been observed. It is in vain then for Anatomists and Physicians to spend their Time, and rack their Imaginations

nations in searching after the Cause of this great and common Distemper, in a Bowel unconcern'd with the Health and Preservation of the Animal, but is framed and destined for another Use; they may as well seek after the Cause of the Small-Pox, or a Pleurisy, in other organical Parts, evidently contrived for the Propagation of the Species.

Of the SYMPTOMS, &c.

HYPOCONDRIACAL Men are, for the most part, meagre, thin, and unmuscular; of a pale, almost livid, and saturnine Complexion, and a dark, suspicious and severe Aspect; nor unlike to this is their Temperament and Disposition, such Persons being very scrupulous, touchy, humourfome, and hard to please: their Pulse is usually weak, and below the Standard of Nature in other Men, and often too swift, like that in a heftick Fever. As to their Urine, there is seldom any remarkable Appearances that distinguish it from that of others in a healthful State, except this, that it is thin, pale and insipid, and flows in a profuse Quantity.

tity in a Fit of the Spleen, like that occasioned by a Diabetes, or promoted by drinking Wine in an immoderate Degree; or like that of Women labouring with hysteric Passions, called Vapours; or of Persons, though in Health, when terrify'd and affrighted, or under a violent Apprehension of imminent Danger.

The Seeds of this Distemper, like those of an hereditary Consumption, Lunacy, and scrophulous Tumours, are often complicated and interwoven with the first Principles of Life, where they lie quiet and unconcealed, till the active Ferments of Puberty or adult Age unfold them, and gradually disengage them from their Coherence with the Blood, till thus set at liberty, they begin to exert their noxious Force, and express their growing Cruelty; and then they are undistinguished from other Distempers in Embryo: for this *Proteus*, this Posture-Disease, can assume the Shape and Figure, and the Part of many others of different Denominations; and at this time, when the Hypochondriacal Seeds disentangled and let loose, begin to shoot and come forward, the Spleen, which before was of a red and florid Colour, becomes now dark and livid.

This Disease vulgarly called the Spleen, is attended with a long Train of Complaints,

plaints, and a sad Variety of Sufferings, of which the principal and most constant are these: First, a deprav'd Disposition of the Stomach, and an impair'd digestive Faculty, accompanied with an eager Desire to eat, and some Hours after Meals with great Oppressions and grievous Pain of the Stomach; which likewise is sometimes so fill'd and distended with Storms of Hypochondriacal Winds, that this Receptacle, and the inferior neighbouring Parts, seem a dark and troubled Region of animal Meteors and Exhalations, where opposite Steams and rarify'd Juices contending for Dominion, maintain continual War. These Ferments and flatulent Effluvia, while they infest the Cavity of the Stomach and Colon, to the great Disturbance and Suffering of the Patient, strive and struggle for Vent with great Noise, like Vapours and Reeks imprison'd in Caverns under ground: hence proceed those tumultuous Belchings and loud Eructations that accompany this Contention. This explosive Labour of the Stomach, attended with these violent Eruptions, and joined with a sounding Convalution of the Intestines, is likewise a notorious Effect of this Distemper. These crude and offensive Ejections from the Stomach, are sometimes so virulent to that degree, that they con-

rode the Teeth and the Organs of the Gullet, till it becomes very difficult to swallow, and sometimes they are exceeding hot and painful, ascending from yellow or dark burning Choler.

But this Symptom seems no more than a Branch or Offspring of the former ; for it is by reason of the degenerate concoctive Power of the Ventricle, that the ingested Foods are imperfectly converted into Nourishment ; and since for this Reason, a great Quantity of Crudities and undigested Leavings afflict the Stomach, it must follow, that the Effluvia or Exhalations breaking from them, must partake of the same noxious Qualities with the unconcocted Remnants of the Meats in the Stomach ; however sometimes these Rustations and Explosions are insipid and inoffensive.

From hence likewise arises an immense Production of windy Effluvia and Evaporations, that assembled in the Parts adjacent to the Stomach, sometimes murmur, croak, and grumble ; and sometimes, impatient of Confinement, with a loud and rumbling Noise, roll through the Cavities of the Colon and the hollow Regions in the Belly and the Sides, beneath the Short-Ribs ; and by these violent Courses and Incurfions, they distend the ambient Parts
in

in which they are enclosed, as well as by their Acrimony they vex and vellicate their Membranes, to the great Suffering of the Patient. But the chief Seat of this Uproar and furious Contests of Hypochondriacal Vapours, is the Colon, which often includes these boisterous Guests; and by reason of its crooked Figure in one Part, and its unequal Amplitude in others, is more obnoxious to the Violence of these intestine Tempests, urging and labouring to be set at liberty; whence proceed extream Pain, violent Gripes, and tormenting Spasms and Stitches, which, without reason, are vulgarly ascribed to some Defect or ill Ferment in the Spleen. And it ought here to be observed, that the swelling of the Spleen in Hypochondriacal Paroxysms, may be nothing else than the excessive Distension of the Colon, that bears with Violence on the Left Side, where the Spleen is seated; which gives occasion to believe that this Bowel it self is much amplified.

Besides these terrible Disorders in the Colon, sometimes a great Agitation is perceived in the Cavity of the Abdomen, in the Mesentery, and the neighbouring Parts.

The Stomach is likewise often oppressed with a great Collection of crude, undigested

digested Humours, and sowre, bitter, and bilious Juices, which so much burden and stimulate its Coats, that after grievous Sickness, they eject them by frequent Vomiting; and, as said before, the Contents are often so sharp, as to corrode the Teeth, and so far interrupt the Faculty of Deglutition, or the swallowing Twitch, that the Sufferer fears an imminent Suffocation: the Patient is often troubled with Heart-burning, or a Cardialgia, from brown and adust Choler.

The Symptoms of this Distemper, in the Substance of the Spleen, are sometimes by Paroxysms, Pain, and Soreness; but the acid, austere, and fermentative Juices, supposed to inhabit there for Nature's Service or Detriment, are the Effects, and not the Causes of this Distemper called the Spleen, as I shall afterwards show; an uneasy Pulsation or Beating of the Coeliac Blood-Vessel is likewise another Appearance relating to this Bowel.

The Heart in this Distemper is often affected with Palpitation and Trembling, Faintness and Sinking of Spirit; and in some Paroxysms it arises to such a degree, that the Patient looks upon himself as dying, and cannot be persuaded to the contrary. Sometimes such is his unhappy Case, while he believes his Fate is imminent

nent and inevitable, he seems certain in himself, though not in the least Danger, that he shall expire in a quarter of an Hour. Sometimes he cries out, I am just going and sinking; sometimes, in his Opinion, he is cold, and dead half-way; and though standing firm on his Feet, and well-looking, desires to be put to Bed, and laid out as a lifeless Body: nor is it possible to raise in these Persons the least Suspicion that all this is no more than a phantastick, frightful Scene and Hypochondriacal Delusion.

This Disease is often attended in the Region of the Chest or Thorax, with difficult and uneasy Breathing, sometimes occasion'd by the inordinate Elevation of the Parts included in the Abdomen, pressing the Diaphragm or Midriff upwards, and hindering its due Descent that is required for the Office of Respiration; and sometimes by the depraved Asthmatical Disposition of the Spirits and Muscles of the Breast, that grown defective, cannot sufficiently dilate the Cavity of the Thorax, for the Admission of fresh Air to ventilate and revive the Flame of Life, recreate the enfeebled Spirits, and reinforce with its Nitre the Blood returning to the Lungs, and become dull and languid by a long Circulation through a Labyrinth

byrinth of Vessels : and for the same Reason, the Pectoral Muscles are unable to perform the alternate Contraction and Extension of the Breast, for the Expulsion of the Air before admitted, but now no longer serviceable, since it has communicated to the Lungs its nitrous Particles, in which alone its Usefulness consists.

These Sufferers are likewise often troubled with cold clammy Sweats in their Legs and Thighs, as if they had been dipp'd in cold Water and not dried, though some of these notwithstanding enjoy a comfortable and useful State of Health. Many frequently awaken from their first Sleep in great Disorder, while their Heads are confused, the Exercise of their Reason and Judgment suspended, their Imagination disturbed, and no cheerful or bright Image appears to the Mind, but all things have a sad and dark Face, while the Heart beats violently, and their Respiration is short and interrupted : in the mean time the Patient lies dejected and desponding, though the melancholy Scene in a short time disappears, when the Spirits of themselves, or assisted by a small Draught of Hysterick, or other Cordial-Water, recover their natural Order, and are restored to their regular State.

The

The Symptoms observed in the Limbs, are great and frequent Pains, grievous Cramps and Contractions of the Muscles, universal Inquietude, Catchings, and restless Agitations, leaping of the Tendons, and convulsive Twitches in the Eye-lids, Brows, Lips, and all the muscular Parts; and sometimes the Patient feels in his Throat a suffocating Grasp, or Constriction, of which the Female Sex more frequently complain.

But the Symptoms that accompany this Distemper in the Head, are more various and surprizing (*i. e.*) Pain, Aches, Vertiginous Swimming and Giddiness, excessive Lightness, or on the contrary, great Dulness and Melancholy, dark Spots, Motes, and little Nets dancing in the Air before the Eyes; sometimes a Dimness, and a transient Suspension of the Sight, a ringing Noise in the Ears, sudden Dartings or Shootings, as of some kindled Vapour or Spirit in the Head; sometimes a Drowsiness and great Reluctance to open the Eyes, and on the reverse, at other times, an obstinate Wakefulness and Inability to sleep; sometimes tumultuous, sad and monstrous Dreams, accompanied with great Distress and Horror, when the Patient believes he sees Ghosts and terrible Apparitions, or armed

Villains ready to assault and murder him; at other times, with no less Affright, he seems to himself as falling down some high Precipice, or plunged and sinking in deep Waters: he is likewise often afflicted with an Incubus, or the Distemper called the Night-Mare, when the miserable Sufferer lies under such an oppressive Load, that he is unable to speak or stir; and while he struggles and strives with his utmost Efforts to throw off his Burden, and is incapable of doing it, he groans in a sad manner, and makes a lamentable Noise, till at last he awakens in Terror, attended with short laborious Breathing and Palpitation of the Heart.

The Symptoms I have hitherto enumerated, are corporeal, and respect the organical Parts of the human Animal; but there are many besides that affect the Mind, and disturb the superior commanding Powers. Hypochondriacal Persons are at times forgetful and unreflecting, which however proceeds from a transient Absence of Mind, or Suspension of Memory, rather than a Loss or Decay of that Faculty, for they soon recover the due Exercise of it. Though most of these Persons are endowed with a great Share of Understanding and Judgment, with strong and clear Reason, a quick Apprehension

prehension and Vivacity of Fancy and Imagination, even above other Men, yet a considerable Inequality is observed in the Operation of their intellectual Faculties; for at some Seasons they discover great Impertinence and Incoherence in their Thoughts, and much Obscurity and Confusion in their Ideas, which happens more often, and lasts longer in those who are far gone in this whimsical Distemper. These Patients are likewise very various and changeable in their Judgment, and unsteady in their Conceptions of Persons and Things, certain of their Positions and Determinations one Day, and as positive in the contrary the next, and condemning and acquitting others with a swift Vicissitude and Rotation of Opinion; such Levity and Mutability of Judgment arises from this Disease, as well as a constant Diffidence and groundless Suspicion of all Men, a captious Inclination to take things amiss, to look on innocent and harmless Actions and Expressions, as meaning something to their Prejudice or Dishonour, and even to interpret the most undesigning Looks and Gestures, as intended to affront them; by which they have an infallible Secret, and a certain Method, to make themselves for ever uneasy.

These

These unhappy Men are likewise very wavering in the Execution of their Purposes; they are determin'd over Night what to pursue, but the next Morning the Objections against it appear so strong, and the Reasons for it so weak, that they lay aside the Design they had form'd; which however some Days after, when the Matter is reconsider'd, appears to them as fit to be put in practice as it did at first; yet soon after this Decree, at a new Hearing, is peremptorily reversed; such is the unfortunate Inconstancy and Fluctuation of their Judgment; whence they spend their Days in contriving Schemes, which they seldom prosecute with Steadiness and Vigor, and are continually employed by alternate Succession in fixing and unfixing various Projects, and in making and breaking short-lived Resolutions.

And if there is this wavering Instability in their intellectual Faculties, there is no less Diversity and Inconstancy in their Temper and Passions. Sometimes they are gay, chearful, and in good Humour; and when rais'd and animated with Wine, they acquire an extraordinary Degree of Mirth, while they break out into profuse Laughter, and often entertain the Company with a great Eruption of Wit and facetious Conversation. But though these
delight-

delightful Scenes exhilarate the Hypochondriacal Man, yet when they are past, his Spirits are exhausted and sunk; and suddenly relapsing into his dull and lifeless Melancholy, he pays dear for his transient, voluptuous Satisfactions. Thus are his Days varied and checquered with black and white, calm and stormy, fair and cloudy Seasons, nor ever does his Glass of Life stand at a settled Point.

As they are thus uncertain and mutable in their Temper and Disposition, they are no less so in their Passions and Taste of Pleasure; they are quickly tired with familiar Satisfactions, and while they are incapable of being long pleased with the same Company, the same Abode, the same Friends, and the same happy Circumstances, they pursue Variety of Objects, and pant and gasp after new Enjoyments; which when acquired, grow soon stale and disagreeable, like the former. These numerous Symptoms attend this unhappy Disease; not that all these are found in every Individual afflicted with this Evil, or in so high a degree, as what has been described; but they are all found in some measure in one or other Branch of the Species; by which it will evidently appear, since every one of them is separable, and actually absent in some Patients

Patients of this Class; that therefore none of them singly can be necessary and essential to the Idea of Hypochondriacal Affections, to which Physicians have not thought fit to appropriate the peculiar Name of a distinct Disease, though it is allowed by all to be one, and is only called *Malum Hypochondriacum*.

The Essence and Nature of this Distemper, so much controverted, and so differently accounted for in the Writings of eminent Physicians, must, in my Opinion, be allowed to consist in the Tenderness and Delicacy of the nervous Fibres, and the too fine and fugitive Disposition of the Animal Spirits, by which they are apt to be dissipated, and inclined to run into the Muscles and Bowels in a confused and disorderly manner: And as this Hypothesis is founded on Reason and Observation, as I have demonstrated at large in the Essay annexed, so will it clearly unfold all Varieties of the dark, surprizing, and mysterious Symptoms, and as a Master-Key, unlock and lay open all the difficult Effects and Appearances which accompany this Disease.

For Instance, the Disorders that affect the Stomach are so great and numerous, that Dr. *Higbmore* and *Etmuller*, two learned Physicians, were induced by them

them to pronounce the Stomach the original Seat and Fountain of Hypochondriacal Affections; but since there are some Patients of this Class, that are never afflicted with these Symptoms, but are as free from Complaints in the Stomach as any that enjoy a perfect State of Health, of which Dr. *Willis* says he knew some, and I my self have known several others; this Supposition, that derives the Disease we are discoursing of from the depraved Ventricle, must fall to the Ground, because it is found in many Persons in whom that Bowel is not irregular and defective; and besides, there are many Hypochondriacal Symptoms which cannot be accounted for by that Scheme, as Dr. *Willis* has shewn against *Higmore*; and therefore the Pain, Sicknes, Flatulency, and sower Eructations, that affect the Stomach in this Distemper, as well as the Swelling and Soreness perceived, as it is thought, in the Substance of the Spleen, and the Distention, noisy and troublesome Convolutions in the Colon and the Cavities on each Side, beneath the Ribs, are not the primary Seat or Spring, but indeed the Effects and Productions of Hypochondriacal Affections: But the true Idea and essential Properties, by which this Malady is constituted and distinguished from all other Species

Species of Diseases, is, as before expressed, the irregular, depraved, and convulsive Disposition of the Nerves and Spirits.

I will now undertake to shew how the principal Symptoms of the Spleen or Hypochondriacal Affections may be explained by the Hypothesis I have asserted, to the Satisfaction of Men of Reason and Reflection, that are capable Judges of such Theories. A tender and delicate Constitution of the Nervous System, and an inordinate Fineness and Activity of their Inmates, the Animal Spirits, being first supposed, it may be easily conceived how these volatile Guests may, by various Impressions made upon them, be driven into disorderly Motions and convulsive Spasms and Contractions in any Bowel or Part of the Body: for instance, if they are disturbed or agitated by any noxious Humours lodged in the Brain, or by any sudden and violent Impressions made upon them by outward, surprizing Objects; for it often happens, that by the relation of unwelcome News, sad Accidents, a sudden Outcry, or the very opening of a Door, or disagreeable and frightful Ideas presented to the Fancy or Imagination, when the Patient is awake or asleep, the Spirits are stimulated, and impelled into
confused

confused Motions, and their Ranks and Connexion being broken or ruffled, they produce the Symptoms before enumerated belonging to the Head; and if their Motion is continued and communicated to the inferior Parts, through which these active Instruments of Sense and Motion are dispersed, it occasions the Complaints and hurtful Sensations that are perceived in those Organs, such as short-breathing in the Chest, Palpitation of the Heart, Trepidation, or Trembling of the Limbs, and a Profusion of pale Water from the Kidneys.

But the Spirits are more frequently vexed and provoked by some noxious and peccant Juices, either austere, sowre, or bilious, in an adust Degree, harbouring in the Bowels, or other Repositories in the Body, which prick the Nerves and provoke the Spirits communicated to those Parts, and so drive them into involuntary convulsive Agitations.

And it is not only to the depraved acid Juices contained in the Spleen, that such Hypochondriacal Symptoms owe their Rise; for they will equally be produced by the same or other vitiated Humours, contained in any other Bowels: and therefore the Spleen is very unjustly charged with the whole Guilt, for it has
that

that Effect but in common with the other Parts of the Body, as mentiond above; and those Bowels that do not in themselves feel an Hypochondriacal Disposition of Nerves and Spirits, are often Sufferers by the Influence and hurtful Impressions communicated to them from the first afflicted Part; and this is not only the Fate of the Spleen, but of all other Organs.

Thus the Distention, sower and hot Eructations, Oppression and Vomitings, occasioned by an immense Collection of Crudities and pungent bilious Juices in the Stomach, owe their Rise to the depraved State of the Nerves and Spirits, that are greatly interested in the important Business of Digestion; for when the whole Frame of the Nerves and System of the animal Spirits want sufficient Strength and Firmness, by their native or acquired bad Constitution, they will be incapable of doing their Duty in assisting the concoctive Faculty, whence the Stomach is much pained and oppressed with acid, bitter, and acrimonious Humours, proceeding from Foods imperfectly digested; and from these irregular Humours contained in the Stomach, arise those flatulent Vapours that often distend, and no less grieve this Bowel than the other Symptoms that affect it.

The

The aking likewise and foreness of the Spleen, and the turbulent and painful Commotions in the Colon, and other Parts included in the Abdomen, will rationally and clearly be accounted for this way: for supposing that the Spirits, while over agitated and ungovernable, rush into the Substance of those Organs with an irregular and excessive Degree of Motion, there will easily appear an evident and adequate Cause of the various Hypochondriacal Sufferings, to which they are obnoxious.

It must however be allow'd, that, as a defective Disposition of the Nerves and Spirits, that is, their Proneness to excessive Rarification, Dissipation, and convulsive Contractions, in which the essential Idea of this Distemper consists, is often the Cause of ill Humours in the Stomach, and other Organs of the Body; so these in their turn, by provoking and pricking the Nerves, and stimulating the Spirits too much, frequently produce Hypochondriacal Paroxysms; and therefore peccant and degenerate Juices contained in any Part, and likewise a Hypochondriacal Disposition of Spirits and Nerves, are alternate Causes and Effects of each other, though the last are the original Aggressors, which by their depraved State and inordinate Operations, occasion many Crudi-

ties and hurtful Ferments in the Glands and Cavities of the Bowels; which contracting an acrimonious Quality by their Continuance there, affect the Fibres and irritate the Spirits, till they precipitate their Flights, and pass through the Roads of the Nerves with great Hurry and Confusion; and then running into the organical Parts, produce painful Distention or convulsive Disorders. Thus if the Spirits are disturbed and stimulated by noxious and austere Juices lodged in the Spleen, Stomach, or any other Receptacles, while their irregular Motions are propagated to other distant Parts, either the Chest, the Heart, or the Head, they create there the Symptoms peculiar to those Parts; in the Chest, short and interrupted Breathing; in the Heart, Palpitation, Faintness, and Sinking of Spirits; in the Head, Swimmings, Lightness, and immoderate Wakefulness, or an excessive Inclination to Sleep, with the other Symptoms before enumerated, all evidently caused by the anomalous, confused, and convulsive Nature of the Principles of Sense and Motion.

As this immoderate Emotion, Disturbance and Dissipation of Spirits will account for all Corporeal, Hypochondriacal Complaints, they will no less explain the
Symp-

Symptoms belonging to the Exercise of the intellectual Faculties; for it is easy to conceive how these depraved, active Instruments of the Mind, by unquiet and seditious Commotions, embroil her Government and Operations; whence proceed Diffidence, Suspicion, Inconstancy, Timidity, Irresolution, Change of Temper, Judgment and Resolution; as likewise excessive Gaiety of Temper, or the contrary Extreme. For as the Spirits in the Brain have a different, defective Modification, and are agitated in different irregular Ways, this Variety of Errors affects the superior Powers, the Judgment and Reason, as well as Fancy and Imagination, and all the Passions of the Heart; whence a great Diversity of Symptoms must arise. As it would be prolix and tedious to apply from the Hypothesis laid down, a Solution to each of these; so it will be to distrust the intelligent Reader too much to undertake such a Province. I have shewn how some of the principal Hypochondriacal Disorders are produced, according to the Scheme I have formed, and it will not be difficult by the same Key to open all the rest. I shall not therefore pursue this Subject further, especially since I have spoken much of it in my Dis-

course of the Spleen, that follows this Writing.

Having in the preceding Pages explained the Nature, and enumerated the Effects of this Disease, which I make to consist in the irregular and ungovernable Nature of the animal Spirits in the Brain, and their impetuous and disorderly Flights from and to their Fountain through the minute Passes of the Nerves; and having attributed this indifferently to the Acrimony and Acidity of the Juices lodged in the Cavities of the Stomach and Intestines, or in the Cells of the Spleen, or detained in any of the Glands that vex or exasperate the Spirits, and put them into a Hurry and Confusion; I shall now endeavour to account for the general and adequate antecedent Cause of the Distemper I am treating of, that is, what it is that produces those peccant and noxious Humours in any Bowels, or other organical Parts, which vellicate and bite the nervous Fibres, and communicate to the Spirits an inordinate and convulsive Impulse; and the Hypothesis which I shall lay down, I will endeavour to confirm and establish by Reason and Experience.

Of the Antecedent CAUSE of Hypocondriacal Affections.

IT is allowed, that the whole glandulous Kind, great and small, are formed by Nature to purify the Blood, by separating from and conveying away the redundant Juices of different sorts, which otherwise would oppress it, and break the regular Subordination of its passive and less active to the superior and commanding Principles; and by so doing, disturb the animal Oeconomy, and occasion many great and fatal Diseases. Now as it often happens, that various Mischiefs arise from the excessive Narrowness or Obstruction of these glandulous Organs, by impure and noxious Humours, that by reason of their improper Size and Figure, are unable to pass through the minute Pores and winding Channels of these fine Strainers; so no less nor fewer proceed from their immoderate Wideness and Extension. For example; when those planted in the Kidneys have lost their Tone, and are stretched to a Dimension or Capaciousness be-

yond Nature's Staple, they admit a great Quantity of wholesome Juices, together with the superfluous, ferous Parts, and let them pass promiscuously into the Bladder, whence the nutritive Juices are excluded with the Urine, by which Nature is defrauded of due Supplies.

In like manner, and from the same Defect, the Liver sometimes separates from the Blood an immoderate Plenty of bilious Juices, or that at least become such after Separation; by which means, the Receptacle of the Gall pours out into the Intestines such an immoderate Measure of its bitter Contents, that by a painful Corrosion of their Membranes and Instigation of their Glands, often produce a great Flux or Looseness, and sometimes Dysenterick Symptoms.

If the Glandules, or secretory Kernels in the Lungs, becoming flaccid, lose their Tension, and grow excessively wide, they not only separate from the Blood more ferous and phlegmatick Humours than the Service of Nature requires should be excluded, but likewise many wholesome Juices, which, together with them, rush through the Channels too much enlarged; whence the Patient, defrauded of Repair, grows lean and meagre: and when the like faulty Disposition happens to the Glandu-

Glandules planted in the Skin, and dispersed through the whole Surface of the Body, they let an immoderate Quantity of serous, mixed with wholesome Fluids, evaporate through their too open and gaping Pores both in Sweat and insensible Transpiration; by which inordinate Evacuation the Blood is impoverished, and the Patient grows feeble, and very obnoxious to taking cold, while the sharper and more pointed Parts of the Air find free Admission through such wide Inlets to the Blood and Spirits, and make upon them their noxious Impressions; whence Coughs, Defluxions upon the Lungs, and putrid, as well as inflammatory Diseases, often take their Rise.

Nor is the Event otherwise in the Brain, when the strait and narrow Meshes of that wonderful Structure become too lax and wide; for then, besides the purer, more subtle, and volatile Parts of the Blood, which are separated by that exquisite Strainer, to be exalted, sublimed, and converted into animal Spirits, the active Ministers of the Fancy and Imagination, as well as of the inferior and sensitive Government, an inordinate Measure of serous Parts are admitted; and growing acid and austere in their Receptacles, the Cavities of the Brain, they produce

duce fatal Convulsions in Children, and often Hypochondriacal and Hysterick Symptoms in adult Persons.

The Case of the Pancreas is the same; for when the Holes and Channels of that eminent Philter are extended and relaxed, a Flood of acid Juices is discharged by the secretory Outlets into the neighbouring Parts, whence the Intestines often receive great Damage, while sharp and fowre Fluids corrode and prick their tender Sides, and cause such disorderly Ebulitions and Conflicts by their meeting with the Bile coming down from the Gall-Bladder, that they sometimes raise great Strife and Hypochondriacal Storms; and therefore *Silvius* and his Followers make the Depravity of the Pancreas and its Disability to perform its percolating Office in such a regular manner, as the animal Oeconomy demands, to be the principal genuine Spring, whence this Distemper, though called the Spleen, is derived.

Let it now be consider'd, that should the Glandules of the Stomach and its Appendages be relaxed, and lose their Tone, an excessive and incongruous Quantity of various Humours must flow without Restraint through the wide Passages and open Sluices of the Strainers, from
the

the Blood, Nerves, and Lympheducts, which discharged into the Cavity of the Stomach or the Intestines by degrees, grow acid, acrimonious, bitter or austere. These peccant Juices, by their Incitements and Impressions on the Nerves, and the Instigation of the animal Spirits, their Inhabitants, produce the Pains and convulsive Agitations which often afflict Hypochondriacal, as well as Hysterick Persons. Let it then be supposed, that the Glandules of the Stomach, Pancreas, Mesentery, and Intestines, are weak and relaxed, and that there is likewise the same faulty Disposition in the minute Channels of the Brain, where the Paroxysm sometimes first begins; and rushing downward with an impetuous Force, fills the inferior Organs with great Disorder and Confusion, as at other times, beginning at the Abdomen, it murmurs and rolls upwards, till it embroils the superior Regions, and fills them with Uproar and Distraction; let this, I say, be supposed and settled, and here will appear a genuine and adequate Cause of Hypochondriack Affections; for granting that the Glands of the Bowels before-named, by reason of their loose and patent Orifices, let through many Humours, which should have been kept back, and deposite them in the Re-

ceptacles

ceptacles provided to contain them; and all the Properties and Symptoms of this Distemper, arising from internal Causes, may clearly and easily, upon this Supposition, be accounted for, which I shall presently demonstrate.

It has above been shewn, that the Nature, Essence, or *Ratio Formalis*, as the Schools express it, of this Disease, consists in the Dissipation and disorderly Flights of the animal Spirits into the Bowels and Organs of the Body, by which they produce there immoderate Distention or Inflation, and convulsive Sensations: And therefore the primitive Causes of this Distemper may justly be ascribed to the too volatile and tender Constitution of the Spirits themselves, which makes them obnoxious to those Disorders, and the original Formation of the Nerves, which in these Patients are woven by Nature of too delicate and tender Threads; whence the first are easily irritated and impelled into anomalous Motions, and the last are as liable to receive convulsive and painful Impressions; not only by the Instigation of the noxious Juices lodged in the Body, but likewise by the Impulse and provoking Influence of various Objects from without, which are sometimes the efficient Cause of Hypocon-

pocondriacal and Hyfterick Passions; while by acting upon the animal Spirits, they break their regular Order and Connexion, discompose and ruffle their Motions, and drive them with Violence into the membranaceous and muscular Fibres, where they produce Spasms and convulsive Symptoms.

Now the universal Rise and Spring of all the internal Causes of this Distemper, may be justly supposed to be the faulty Disposition of the glandulous Strainers in the Stomach, Intestines, Pancreas, and Mesentery; that is, when the convulsive Disorder begins in the inferior, and rises to the upper Parts of the Body; and the like Error and Defect is in the Brain, when Hypocondriacal or Hyfterick Fits begin there, as they often do, occasioned by noxious Juices admitted into its Cells and Vacuities, which a regular Conformation of its minute Pores would have kept back.

It is evident in fact, that in Hypocondriacal Cases an exorbitant Quantity of acid and bitter Juices is continually communicated to the Stomach from the Glands, that strain it from the Blood-Lympheducts and Nerves that terminate there. This immense and unnatural Collection of noxious Humours in the Ventricle,

cannot otherwise be accounted for, than by supposing that the Glandules and secretory Ducts are so wide and lax, that they do not justly execute their Office of Percolation, but suffer a great Quantity of incongruous and hurtful Fluids to pass through into the Stomach. This is so notorious, that it needs no Confirmation; it is so evident, that several Physicians of superior Rank, as said before, have made the Stomach the first Seat and Cause of Hypochondriacal Affections. In like manner, if the Pancreas, that important secretory Organ, loses its native regular Conformation, while the too ample Mouths of the separating Parts suffer the acid Juices of the Blood (or such at least as become so after Separation) to pass through its Inlets and Channels, in too great Abundance, into the neighbouring Receivers, the Intestines are overflown and oppressed by them; which not only corrode and vellicate their tender Membranes, but meeting with the acrimonious Choler descending from the Gall-Bladder through the Intestines, they occasion, as mentioned before, great and vexatious Conflicts; and as this is very reasonable to suppose, so the Fact by some has been looked upon as so certain, that *Silvius* and his Followers, as before cited, maintain, that this

this immoderate Secretion of acid Fluids from the Pancreas is the principal Cause of Hypochondriacal Affections.

Nor is it less natural to suppose, that the Glandules in the Intestines, especially in the Colon, may, by the like Relaxation of their Orifices, receive and separate an inordinate Quantity of like Humours, and empty them into their Cavities, by which means they become great Sufferers.

Thus, as when the Tone of the Kidneys, Liver, Lungs, and other Organs of Separation, is perverted from its natural Rectitude, and the Laxity and too great Extension of the Pores of their Glands admit and convey away, as well nutritious Parts, not intended to be excluded, as too much of the Juices, which in a lower measure were designed by Nature to be carried off from the Blood, for its necessary Depuration, various Distempers belonging to these Bowels are the hurtful Consequence of such an immoderate Separation; so the excessive Secretion of serous Humours, made by the Glands defective in the same manner, and deposited in the Stomach and Appendages, or issuing from the Pancreas into the Intestines, by vellicating the Nerves and inflaming the Spirits, produce the Hypochondriacal

condriacal Disorders, that begin in the Stomach and Abdomen, though afterwards they are propagated by the inordinate Flights of the Spirits to the superior Parts; for I excuse the Spleen from being the sole or ordinary Cause of such Complaints, that Bowel being wholly destitute of glandulous Strainers and Organs of Separation, and is formed and destined to a different Office, as I have shewn in another Writing; whence I look upon the Swelling and Distension, as well as the Pains and Soreness that sometimes afflict that Organ, to be the Effect of an antecedent Disturbance of the Spirits, that rush into it in a disorderly and tumultuous manner, or from the Tension and Inflation of the Colon, mistaken for the Spleen.

The Defects of the Ventricle, Intestines, and Pancreas, may account for this Distemper, and as partial Causes conspire for the Production of it, as it is primarily found in the Abdomen; but neither the Stomach, as some believe, nor the Pancreas, as others, nor the Colon or Hypochondriacal Regions, taken alone, as others imagine, are the uniform, adequate, and entire Effector of this Disease: but 'tis true, when they are united, they cause a great Part of those Hypochondriacal Symp.

Symptoms that have their Rise in the inferior Bowels, but they cannot create those that originally begin in the Brain. Now supposing that by reason of the depraved Tone of the Glands, that serve Nature as Strainers in the Stomach, Intestines, Pancreas, &c. and the lax Disposition of the Substance of the Brain, many peccant Juices, either in Quantity or Quality, are received into those Bowels, which afterwards irritate the Nerves, and provoke and scatter the Spirits, there will appear an adequate, antecedent Cause of this Disease, that is, the Relaxation or immoderate Wideness of the Pores and Meshes in the Organs of Separation in all the Parts before enumerated: nor is it required for the Production of any Hypochondriacal Affection, that noxious and vitiated Juices, strained from the Blood, and lodged in various Bowels, should conspire to act upon the Nerves and Spirits all at once; it is sufficient if those hurtful Humours in any one place violently affect them; and therefore we see by Experience, that these convulsive Disorders begin in different places, and are thence propagated to others at great Distance; so that any one of them, and each of them, in their turn, may be the Fountain and first Scene of these Disorders.

And

And as I have offer'd nothing in this last Discourse, but what Reason justifies, and Experience confirms, so now let us try how the various Symptoms of this Distemper may be explained from this way of Thinking; and if that be done, it will abundantly establish the Hypothesis I have concerted.

The immoderate Generation of Wind in the Stomach is so observable in Patients of this kind, that the Disease it self, from this prevailing Symptom, is often called *Flatus Hypochondriacus*; though it does not always accompany this Distemper, as before observed. This excessive and troublesome Wind is attended with slowre Belchings and noisy Eructations, Inflation of the Ventricle, and often with great Pains, which are thus accounted for. The Glands in the Coat of the Stomach, in their regular and healthful State, admit into its Cavity only those Fluids, and only in that Proportion which is useful to that Bowel in its Office of Digestion; and these uniting with others, especially the Salival Juices, mixed and swallowed with different Foods, become a proper and efficacious Ferment to concoct those Foods, and convert them into wholesome Chyle: But if those Strainers are relaxed, and deviate from their former Rectitude, and
grow

grow too loose and capacious, then, as observed before, they suffer a redundant and inordinate Plenty of improper Humours to pass through their Channels, and empty themselves into the Stomach, which do not assist, but disable the digestive Faculty, corrupt the Meats and Drinks, and fill the Stomach with crude and noxious Humours; which now, a Receptacle and Sink of Impurities and unconverted Leavings, becomes a confused *Chaos*, a Seat of Strife and Opposition; while the acid and bitter, the oily and austere Contents, by reason of their disagreeing Quality, contend with each other for Superiority.

And from these violent Contests, the Windiness of the Stomach arises, which is nothing else but the Fumes and Effluvia, caused by the Ebullition and Contrast of repugnant Juices, as is evident in all sorts of Fermentations.

This is the Case of Exhalations and Vapours, that rarified to a great Degree, and imprison'd in Vaults and Caverns under Ground, murmur, struggle and labour for Vent, till at length they find, or by their impulsive Force, make a Passage to get free from their Confinement, and then they vomit up their vexatious Fumes with great Strife and loud Eructations.

E

tions.

tions. This Example will illustrate and confirm the Account I have given of Hypochondriacal Vapours, painful Inflation, and fowre Belchings, which most frequently happen some Hours after Meals, when the Meat taken in should have been fully digested.

And as the defective Disposition of the glandulous Inlets into the Stomach, is evidently the Cause of these Disorders in that Bowel, the same Defect supposed in the separating Organs in the Intestines and the Pancreas, will clearly explain in the same manner the Hypochondriacal Symptoms in the Regions of the Abdomen; and it is therefore unnecessary to enter upon a particular Discourse about them. The Spasms, Twitches, jumping of the Tendons, and convulsive Motions, with which these Patients are often afflicted, being occasioned by the acrimonious and acid Fluids separated from the Blood in a disproportionate Measure, irritating and urging the Extremities of the Nerves and the animal Spirits, must be owing to the too wide and enlarged Orifices of the Strainers, that suffered an exorbitant Quantity of Humours to pass through.

And as to the Symptoms of this Disease, when it begins in the Head, they being all produced by the Confusion and
irregu-

irregular Motions of the Spirits, must be charged on the Relaxation of the due Tone of the Brain, and the consequent Enlargement and widening of its strait Passages and minute Recesses, that admitted incongruous and peccant Humours, to which they should have denied Entrance: And by the same way of Reasoning, other Hypochondriacal and Hysterick Symptoms, so far as they depend upon internal Causes, may for the most part be plainly accounted for.

But it must be acknowledged, that the glandulous Organs may be obstructed by impure and depraved Juices, that being of a disproportionate Size and Figure, cannot make their way through their narrow Passages, which may be entangled and detained there, till they contract an acid and acrimonious Quality sufficient to stimulate the nervous Fibres, and introduce Hypochondriacal Affections: And therefore, though generally speaking, those Symptoms arise from a great Abundance of Humours discharged by the too wide Passes and Channels of the Glands into the Vacuities of the Bowels, or other organical Parts; yet sometimes they are produced by the Vellication and Incitements of the vitiated and hurtful Humours that obstruct the Organs of Filtra-

tion themselves; so that if we take it either way, still the internal Origin of these Symptoms will be derived from defective Glands.

The Sum of the preceding Discourse is this: The Nerves of Hypochondriacal, as well as Hysterick Patients, are from the original Formation of their *Stamina Vita*, of too fine and delicate a Constitution, and therefore apt to receive convulsive Impressions; and their animal Spirits are likewise by Nature of a tender and volatile Disposition, easily incited and scattered, till their violent and irregular Flights produce the Symptoms proper to this Disease. The acid, sharp, and austere Juices, admitted by the faulty Structure of the Glands into the Receptacles and Cells of the Bowels, and sometimes contained in the obstructed Strainers themselves, provoke and stimulate the one and the other, till the Spirits in a Hurry and Confusion rush into the solid Parts, and produce immoderate Distention and involuntary Agitations: Nor is this Disorder occasioned only by the austere and bilious Contents of the Stomach, or the hurtful Humours spued out of the Glands of the Intestines, or from the too capacious Channels of the Pancreas, or any other particular Strainer, or lodged and detained in the Substance of

of any of them; not any one of these being the sole Fountain of Hypochondriacal Affections; but sometimes one and sometimes another may in their turn be the effective Cause of such Symptoms; that is, as oft as the glandulous Fibres shall be defective, and uncapable of doing their Duty in the manner before explained; and if the Glands of the Mesentery, or any other organical Part are thus depraved, the Consequence will be the same.

And as this Hypothesis accounts for hypocondriacal Symptoms in the inferior Region of the Body, so it affords an evident Reason of those that affect the Brain, that is, the Looseness and too wide Extension of the Pores and narrow Meshes of that curious Strainer, which suffer degenerate and offensive Juices to pass thro' into its Cavities, which in a regular Constitution could not have found a Passage thither. There is therefore but one universal, uniform, and adequate antecedent Cause of hypocondriacal Disorders, that is, the faulty Disposition of the Glandules appointed as subservient to Nature's Administration in separating and excluding from the Blood such particular Humours, and in such a determinate Proportion, as may keep it pure and active, not impoverish and exhaust it.

What has been said, explains the Spring and Origin of all hypocondriacal Sufferings that arise from internal Causes. But the like Symptoms, especially in hysterick Passions, are frequently the Effects of outward Objects; that by their Impulses and Impressions on the Spirits in the Brain, continued and propagated by the Mediation of the Nerves to the inferior and more distant Parts, produce Faintings and Swoonings, short and difficult Breathing, violent Beating and Palpitation of the Heart, convulsive Agitation of the Muscles, and all the other Symptoms of this Disease before enumerated. Such Objects are, both sweet and disagreeable Odours; a sudden great Noise, terrible Sight, calamitous Accidents, surprizing ill News, the sudden Assault of Thieves, the Apprehension of immediate Danger from Storms of Wind, Tempests of Thunder and Lightning by Land or Water, and sometimes crossing of the Patient's Will, Contests, Opposition and Contradiction in Debates. And besides these, even surprizing Objects of great Joy; as the sudden Arrival and Appearance of an unexpected near Relation after long Absence, and the like Incidents, strike the Imagination with such Vehemence, that the tender and volatile Spirits

rits are unable to sustain the unequal Force, but are presently disorder'd and driven by the violent Impulse into vertiginous Eddies, convulsive Agitations, or beat down in a Defailance or Suspension, and sometimes are utterly extinguished by the resistless Oppression.

And this leads me to take notice of the Symptoms occasion'd by vehement Ecstasies, when impure apostate Spirits were permitted to possess the Bodies, and inspire the Imagination of heathen Priests and Priestesses by an impious Imitation of divine Raptures. These Persons thus agitated and governed by Satanical Instincts before they uttered their Oracles, labour'd with convulsive Throws, and were transported out of themselves, by the Fury and Rage that stimulated their Spirits; the Form of their Countenance was changed, while they gave their Answers with an uncouth terrible Voice: Their Behaviour was so wild and extravagant, that they seemed Lunatick, Maniacal, or distracted with a Frenzy, or overheated and intoxicated with Wine; as may be seen from *Virgil's* Description of the Sibyl, the manner of whose Inspiration he relates before she gave her Answer to the *Trojan* Heroe, in the Sixth Book of his *Aeneids*.

— Non vultus, non color unus,
 Non comptæ mansere comæ, sed Pectus anbelum
 Et rabie fera corda tument, majorq; videri
 Nec Mortale sonans, afflata est numine quando
 Jam propiore Dei. —

Ibid. At Phæbi nondum patiens immanis in
 (antro
 Bacchatur vates, magnum si pectore posset
 Excussisse Deum.

Thus the Ecstasies and Trances of this Nature, caused by the Instincts or impulsive Energy of important Scenes composed of Images exceeding bright and lively, are so strongly represented on the Theatre of the Brain, that the Spirits unable to bear such violent Impressions, are accompanied with Symptoms resembling those that we see in hysterick or hypochondriacal Paroxysms; so that they mutually illustrate one another.



UNIVERSITY OF CHICAGO PRESS

S E C T. II.

Of the Method of CURE in Hypocondriacal Affections.

I Have above shewn, that this Distemper has not its primary Seat or Residence in the Stomach, the Spleen, the hollow Places on each Side, or beneath the Ribs, or in any other Part of the Body; but that it is produced in any of them in their turn by the noxious Juices which they contain, either inbred or communicated to them by the Nerves, or Lymphatick Channels dispersed through the Body; and that its essential Idea apparently consists in an inordinate Temperament, or a fugitive Disposition of the Spirits; whence they are easily dissipated, and flow with too much Activity, and in a tumultuous manner, into the membranaceous and muscular Fibres; by which Disorder and Precipitation they ruffle and accelerate the Current of the Blood, occasion Spasms and Convulsions, and unhinge the whole animal Administration, while the fibrous Strings and Movements of the living Organ are put out of Tune, and the regular State of Nature

ture is interrupted and embroil'd with Discord and Confusion; and therefore the Method of Cure must be settled in Conformity to these Notions founded on Reason, anatomical Observations, and the History of hypocondriacal Cases.

Some learned Physicians believed, that the Scurvy has a great Affinity with the Spleen; and *Ettmuller* treats of it under the same Head, as a Branch of that Disease. But this Opinion, in my Judgment, is not built upon warrantable and solid Foundations. I rather think that the Scurvy, to which no distinct Idea answers in the Mind, and therefore that Word has no determinate Meaning, but is only a Sound that amuses the Ear, is no one Disease separated and limited from others, but a Complex or Assemblage of the various Symptoms of various chronic Distempers, while they are yet in Embryo and their Infancy. Thus, when the Seeds of Distempers that lay concealed, sleepy and unactive, being yet enfolded and complicated with the vital Fluids, first exert and stretch themselves, and by degrees break loose and appear by their Operations, they begin the Prelude to the Tragedy they afterwards act in the mature and confirm'd State, tho' they cannot, while unripe, be discrimi-

I

nated

nated and laid to the charge of any particular Disease. Thus the Gout, the Stone, Dropsy, Consumptions, Hypochondriacal Maladies, and other chronical Distempers, while they are breeding, are accompanied with Symptoms, that cannot be appropriated to any one Distemper which is yet unfinished, and without a proper Appellation, but are common to many: And therefore eminent Physicians, unable in this State of Affairs to trace their Original, and distinguish the latent and unfashioned Diseases to which they severally belong, summing them up, and huddling them together, have made an uncouth and incoherent Aggregate of all, and called it a distinct Disease, that is, the Scurvy, to which they have accommodated a particular Method of Cure; tho' if things are well considered, I incline to believe it is not a single Disease *sui generis*, but, as I have said, the first quickning, unfolding, and shooting out of the Seeds of various chronical Distempers, that at length are referr'd to their proper and distinct Causes, as they grow more ripe and prevalent; and then the Diseases plainly shew themselves which were the concealed Springs, whence those Complaints and Symptoms, call'd Scorbutick, took their Rise.

Two Things are to be considered and attempted, in order to the Cure of Hypochondriacal Patients: The principal Aim is to recover the loose Tone of the nervous Fibres, and to give greater Strength, Firmness and Consistency to the Spirits; that the first may be enabled to resist the Instigation of hurtful Humours and Ferments lodged in the Bowels, as well as the Impulse of the animal Spirits, when they rush into them in Disorder, and with too great Velocity; and that the last being contracted and so invigorated, may neither by the Impression of external or internal Causes be so easily scattered and driven into Confusion; whence, as often said, arise the various Symptoms of this Disease.

Since it is evident, that in this Distemper the Stomach with the Appendages are often, tho' not always, full of acid, bitter, and bilious Contents, discharged upon them chiefly from the Nerves and Lymphæducts; the Method of Cure ought to begin with Evacuation by purging and vomitive Medicines, that the Stomach and neighbouring Intestines may be freed in a good measure of their degenerate Juices, lest they vitiate and damage the alterative and strengthening Medicines afterwards to be given, disappoint

point their genuine Operations, and make their salutary Virtue unsuccessful.

The purging Medicine that agrees with Hypochondriacal Persons eminently above all others, is Aloes; for it is of such a Nature, when given in a just Proportion, that it operates without diminishing the Strength, or wasting the Spirits of the Patient, and rather exhilarates and enlivens, than depresses Nature; which can be affirmed of very few other Purgatives. This Medicine therefore ought generally, in a due measure, to be an Ingredient in all Compositions prescribed for the mentioned Purpose.

The Forms of purging Remedies may be these.

*Take of Pilul. Cochia major, a Scruple;
of Extractum Rudij, Grains eight:
Mix them, and make them into four
or five Pills for one Dose, to be taken
in the Morning.*

*Or, Take of Pilul. Ruffi, Grains fifteen;
of Extractum Rudij, Grains ten:
Make it into four Pills; to be
given going to Bed.*

*Or, Take of the Infusion of the Powder
of Hiera Picra, called Tinctura Sa-
cra, two Ounces; of Spirit of La-
vender, twenty Drops. Take this
Draught going to Bed.*

Or,

Or, Take of the forementioned Infusion,
and of Elixir Sahutis, each an Ounce;
Spirit of Lavender, a Scruple: Make
it a Draught, to be given as the former.

Should these Forms prove too weak to do their Duty, let there be added to each Dose of the Pills, of *Pil. Coch. maj.* Grains six; or of *Pilul. ex duobus*, Grains five. *Pilul. Coch.* may likewise be given by it self to the Quantity of half a Drachm, more or less, according to the Degree of their Operation, that they may purge the Patient five or six times. For generally Hypochondriacal Persons are too much dispirited by many Motions, tho' caused by Aloetick Remedies; which however, of all others, least produce that Effect; since, as I said before, it rather animates than sinks the Spirits, and for that Reason is almost the only purging Remedy proper in confirmed Hypochondriacal Cases; for then the Patient cannot take purging Medicines of a quick and violent Operation, without being extremely ruffled and disordered. 'Tis true, at the first Appearance of the Symptoms that in adult Persons discover this Disease, (for Hypochondriacal Boys are seldom seen) when the Patients have
stronger

stronger Bowels, and enjoy more Activity and Vigour than afterwards, when the Distemper is fixed and prevalent, the Nerves there being more slackened and unbraced, and the Spirits more disabled; in this Season, I say, stronger purgative Medicines than those I have mention'd, or larger Doses, may be most beneficial.

Nor is it once or twice only that the purging Pills or Tincture I have recommended, should be taken, but there will be just Reason for their frequent Repetition, suppose once a Fortnight or once a Month: nor need the Patient fear that this often taking of Cathartick Medicines will weaken and relax the Tone of his Stomach or Intestines; because the Aloes, as said before, is of that nature, that it comforts and invigorates the Spirits, and operates as a Cordial, as well as a purging Remedy, and is likewise so agreeable to the nervous System, that this and Steel have better Pretensions to appropriate or specifick Vertue, than all other Remedies prescribed for the Cure of this Distemper: and hence it is that some Patients have taken a single Aloetick Pill, where the Quantity of the Drug exceeded not three or four Grains, and others have drank a Spoonful of *Tinctura Sacra*, or Infusion of *Hiera Picra*, through the whole Year,
and

and that with considerable Advantage : and if either of these Medicines were given thus for a Month together in such a Proportion, as would little more than keep the Patient open ; and then after a Cessation for the like Interval, he would reassume the use of them, it might prove very serviceable.

Vomitive Medicines are very profitable in this Disease, partly by discharging a Load of noxious and impure Humours, by which they clear and prepare the Stomach for a due Reception of alterative Remedies ; and partly by the Shock and Concussion of the Glands and Nerves that frees them from Obstructions : and it must be observed, that Patients of this sort bear these Evacuations with less Dejection of Spirit and Expence of Strength, than they feel by quick and copious Purg-
ing. The Reasons of which I conceive are, that the Stomach, which is the organical Part that is principally employed in Vomiting, is of a stronger Texture and narrower Compass, than the voluminous Ambages or Circuit of the Guts ; and therefore the Spirits inhabiting there, are not by their explosive Labour in vomiting so much wasted, as when the purgative Medicine not only affects the Stomach, but descending thence, together
with

with acrimonious Humours, through the long winding Roads of the Intestines, irritate their Sides, and sollicit their Glands to discharge their Juices into the Cavity of the Guts: add to this, that vomitive Medicines have quickly done their Duty, but Purgatives continue their Operations many Hours longer, by which means a greater loss of Strength ensues. And this likewise is observed in the Female Sex, who are able to bear the casting up the Contents of their Stomachs, as green as Verdigreese, or the Juice of Leeks, for several Weeks, and sometimes whole Months together; and notwithstanding they often survive this long Evacuation, who, however, could not have undergone purging in an equal degree.

When this Disease is newly begun, or not far advanced, and the Patient has a competent degree of Strength and Spirit, more active Vomits may be prescribed: for instance,

Take of Vinum Benedictum, that is, the Infusion of Crocus Metallorum, six Drachms; of Oxymel Scilliticum an Ounce, and three Ounces of Carduus Water, mingle them for a vomitive Draught, to be taken about five or six in the Afternoon, and dilute the

F

Stomach

Stomach during the Operation with plenty of a light Infusion of Carduus Leaves, or plain Posset-Drink, or Tea.

Or, Take of the Indian vomiting Root half a Drachm, of Tartarum Emeticum two or three Grains, of Milk-water three Ounces, of the stronger Cinnamon Water two Drachms; and during the Operation, drink plentifully of either of the Liquors mention'd before, and going to-Bed after either of these Medicines have done their Duty, drink either of the following Draughts.

Take of Diascordium two Scruples, of Black-Cherry or Milk-water two Ounces, of strong Cinnamon-Water three Drachms, and an Ounce of Syrup of Diacodium, make it a Draught.

Or, Take of Milk-water two Ounces, of Venice Treacle half a Drachm, of Compound Piony-Water three Drachms, of liquid Laudanum eighteen Drops, mix them for a Draught.

Such vomitive Medicines ought to be repeated once in a Month or six Weeks, inasmuch as impure and noxious Juices are continually excluded from the Nerves and Lympheducts, and poured into the Cavity of the Stomach; which contract-

contracting by lying there greater Acrimony, much disturb its digestive Labour, and disable it in a good measure from executing that important Office; whence, as before observed, a great Load of Crudities, the Relicks of undigested Foods, afflict and oppress the Ventricle; and these ill Humours, in their turn, offend the Stomach, and vitiate its concoctive Faculty yet more. It is therefore advisable to unload and carry off this exorbitant Collection of hurtful Juices, and after a Season, when the Stomach is filled again, to repeat the Evacuation; by which means, besides the Benefits before named, there will be Time gained to administer such strengthening and corrective Remedies, as are most efficacious to recover the Patient, at least to mitigate and reduce the chief Symptoms.

Frequent letting of Blood to ten or twelve Ounces from either Arm, and sometimes cupping on the Neck and between the Shoulders, instead of using the Lancet, is of great Advantage to Hypochondriacal Patients; and some of them I have known, who have been obliged to open a Vein three or four times a Year, and by that means have preserved a tolerable State of Health; for as oft as their Spirits were too much agitated or expand-

ed, and the Mass of Blood by that means became over-heated; whence violent aking of the Head, Giddiness, Pains in the Limbs, and other Symptoms proceeded, they found themselves under a Necessity of flying to this Refuge, and for some time were almost ever relieved. I recommend therefore this Evacuation freely, though the Patient is in a Course of other Remedies, in case he has Strength and Activity enough to bear it; for he must be guided by that Observation, whether he should bleed at all; and if so, how often, and what Quantity he should take away; and the judicious Repetition of it will be very successful.

I come now to Remedies that cause no Evacuation, unless perhaps cutaneous, and are therefore called correcting and alterative, and in some degree specifick; that is, such as sweeten the acid and austere Juices in the Stomach, and the hollow Appendages; for I question whether there are any such in the Blood, which upon Distillation, affords only a volatile *Alkali*, though the Humours strained from it, may afterwards contract a Sharpness and Acidity, either by continuing too long in their Cisterns, or by mingling with depraved Juices communicated to them from the Nervous and Lymphatick Channels.

Or

Or else they are endowed with a Vertue that restores the depraved Texture or Crasis of the Blood, or that strengthens and invigorates the System of the Nerves, or that imparts Stability, Firmness, and Vivacity to the animal Spirits; or lastly, such as open the obstructed Glands, and promote a due Mixture, and a regular Circulation of the vital Fluids.

The Remedies that have sufficient Efficacy to reduce and subdue the Sourness and Austerity of the Juices in the Stomach, and its Appendages, which often vellitate and provoke the Nerves, and excite inordinate Motions of the Spirits, are in the first place *Alkali's*, that are endowed with opposite Qualities, such as Powder of Coral, Crab's Eyes, Crab's Claws, Pearl, Chalk, burnt Hartshorn or Oister-shells: they may either of them be given singly in Spring-water to the Quantity of half a Drachm two or three times a Day; Salt of Wormwood, Tartar, or other Vegetables, are likewise very serviceable to the same end, and may be given in the same manner and the same quantity; and those Medicines may be mixed in Composition, in the way following,

Take of prepared Coral, Crab's Eyes and Pearl, each half a Scruple, to be taken

F 3

ken

ken three times a Day in Milk-water, or Spring-water alone, or mixed with Wine.

Or, Take of the Conserve of Hipps or Roman Wormwood each an Ounce, of burnt Hartshorn and the whitest Chalk, Crabs Claws and prepared Coral, each a Drachm and half; of volatile Salt of Hartshorn or Vipers, a Drachm; of powdered Nutmeg two Scruples; make it into an Electuary, with a sufficient Quantity of Syrup made of the Liquor of Candied Nutmegs, or the Syrup of Maidenbair, or the red Poppy. Take the quantity of a Drachm twice or thrice a Day; or these Powders may be made into Lozenges, according to Art, which may be frequently dissolved in the Mouth, or swallowed.

Of the same Nature and Usefulness are Spirit of Hartshorn, Sal Volatile Oleosum, Dr. Goddard's Drops, &c.

And as these fixed and volatile Salts are beneficial for this end, while by their contrary Properties they blunt the sharp Points of acid Juices; or absorbing and closely combining with them, disarm them of their noxious corrosive Quality; so convenient Liquors, drunk in great quantity,

quantity, by diluting, and then washing them away, free the Stomach from sharp, and sowre Impurities; and since that Bowel, employed in digestive Food, does, in these Patients overflow with hot and pungent Choler, and no Medicine has been hitherto discovered of a sufficient appropriate Nature to correct and subdue it, there is no way left, at least so effectual, to ease the Stomach of this uneasy Guest, as copious Dilution by proper Liquors; and the most efficacious are either Purg- ing or Diuretick: of the last sort are the *Bath* and *Bristol* Waters, or the soft Springs from chalky Hills, but chiefly those called Chalybeate, such as the Waters of the *German Spaw*, *Tunbridge*, and many others, which abound in this King- dom; but are rarely found in other Countries that lie to the South, and especially purging Springs are almost unknown to the Inhabitants of those Places.

It is true, that such purgative Medi- cines as Infusion of *Hiera Picra* and *E-lixir Salutis*, and such Vomits as I have before named, are profitable in this Case; but nothing is so advantageous as Steel unprepared, or dissolved in Springs; of which afterwards I shall discourse more at large. These, I say, are the Medi- cines, that of all others are the most pre-
F 4
valent

valent and successful in relieving Hypochondriacal Affections.

Various Preparations of Steel are recommended; but in obstinate Cases, the Filings ground with white Sugar-candy to a fine Powder, have a better Effect than all the Productions of chymical Art. The lowest Preparations are those of *Mynsicht's* Drops, and the Tincture of Steel drawn from its Filings by *French* Whitewine or Sherry. The Patient, after the previous Evacuations mentioned before, may take twenty or twenty-five Drops of *Mynsicht's* Drops in a Glass of Whitewine and Water, *Bath* Water or any *Chalybeate* Water, or in a Dose of the Infusion of the Tops of *Roman* Wormwood, Centaury, and the Root of *Gentian*, or other proper Bitters. After a Week or ten Days, if the Patient finds no Benefit, let him use this Tincture.

Take of Root of Gentian, Virginian Snakeweed, each a Drachm; of the Tops of the lesser Centaury, a Pugil; of Coriander Seeds, two Drachms. Infuse all in three Pints of Spring-Water boiling-hot; and when it is strained, add to it half a Pint of Chalybeate Wine; let the Patient take of the Tincture seven or eight Spoonfuls

*fuls every Morning, and Afternoon,
about five a-Clock.*

The Preparation of Steel taken in a proper Proportion for a Month together, is yet more efficacious; which may be taken in Form of an Electuary or Pills.

Take of the Conserve of Roman Worm-wood two Ounces; of the Salt of Steel, two Drachms; of the Root of Wake-Robin, a Drachm and half; of Tartar vitriolated, a Drachm; of choice Myrrh and Saffron, each half a Drachm: Make it an Electuary with the compound Syrup of Peony, or any other convenient Juice. Take the Quantity of a Chesnut every Morning, and Afternoon about five a-Clock, drinking after it a small Glass of bitter Wine, or that of Vipers.

Or, Take of the Conserve of Orange Peel, two Ounces; of Galangall and Zedoary, each a Drachm and half; of Castor and Myrrh, each a Drachm; Salt of Amber, half a Drachm; Vitriol of Mars, two Drachms; Syrup of the five opening Roots, a Quantity sufficient: Make it an Electuary, to be taken as the former.

Steel

Steel yet may be given in Substance to a proper Proportion for a Month together, by retaining the Ingredients of either of the Electuaries prescribed, and leaving out only the Salt of *Mars* in the first, and the Vitriol of *Mars* in the last; and substitute in their room, to either of them, two Drachms of Steel prepared with Sulphur or Tartar: And if these Remedies prove unsuccessful, let the Patient have recourse to the Filings of Steel finely powdered with Sugar-candy; and instead of the Salt and other Preparations before set down, use this Medicine in the same Quantity, and in the same manner, and for as long a time as the former, the Distance of two or three Months being interposed.

And it must be acknowledged, that the opening the Bodies of Minerals or Metals by chymical Operations; and separating from each other the constituent Parts, does not always, nor often, make it a more profitable Remedy than it was before the Union of it was dissolved, and the Parts separated; and therefore some very eminent Physicians have constantly made use of Steel, Mercury, Antimony, Opium, the Jesuit's Bark, &c. in their natural State, without any Preparation by the Chymist; particularly Mr. *Barberack*,

berack, a celebrated Physician, that flourished in the *South of France* about 40 Years ago. And it must be confessed, that Minerals, Metals, and other Medicines unaltered by the Fire, and other penetrating Menstruums, perform their Duty with more Success, as is evident by Experience, than after their original Structure has been broken, and the natural Coherence of their Parts destroy'd by Art and Labour. And the Reason of it is, that these Remedies are best prepared, dissolved, and digested for the Purposes of Health, by the chymical Power of the Ferments in the Stomach, provided by Nature, not only for the concocting of indigested Foods, but for opening likewise the Body of Medicines, disengaging the Complication of the Parts, and procuring by Digestion such necessary Changes, as may make them fit for the Service of animal Life: and therefore the Chymist for the most part, for want of Judgment and Observation, takes the Work of Nature out of her Hands, and with great Skill, Labour and Expence of Time, performs it much worse; and by his unhappy Management at last destroys or diminishes the Virtue of the Remedy, if he does not make it detrimental. Mineral Waters, I mean Chalybeate,

beate, such as those of the *Spaw*, *Piermont* in *Germany*, *St. Peter's Well* at *Clermont* in *France*, *Tunbridge*, *Astrop*, and many others in *England*; as likewise the *Bath* and *Aix la Chapel* are the most eminent for relieving *Hypocondriacal Affections*: And such by long Experience is their salutary Virtue found to be in this, and all Cases called *Scorbutick*, that in comparison with them all other Remedies, excepting *Steel* it self, crude or prepared, are almost insignificant. It proceeds therefore from a want of Knowledge of the Efficacy and Force of Medicines, or from a vain Ostentation of a superior and more extensive Acquaintance with the *Materia Medica*; or a weak Conceit, that the Reputation and Dignity of Physick will be much increased by the long Pomp and luxuriant Retinue of Compositions and Receipts, that many celebrated Writers on these Subjects have set down, for the Cure of these Distempers, such a multitude of Remedies made up of various Ingredients in the Forms of Powders, Pills, Electuaries, Decoctions, Infusions, Diet-Drinks, Juices, Clysters, &c. Among these *Ettmuller* has distinguished himself, and shewn an extraordinary Capacity, who for the Cure of this *Hypocondriacal Malady* and the
Scurvy,

Scurvy, which he reckons a Branch of it, has prescribed no less than two hundred compound Medicines in various Forms; of which some consist of ten, or twenty, or thirty simple Ingredients, tho' some are less complex; that is, an hundred, when he treats of Hypochondriacal Affections and the Scurvy under the same Head, and above a hundred more when he attacks the Scurvy alone. Now when a young, unexperienced Physician shall see such a Host of Remedies drawn in Array, and such a terrible Train of Medicinal Artillery ready to be discharg'd at the Doctor's Signal, he will be apt to cry out, What Disease can stand against such a formidable Strength? Be it ever so obstinate, it must yield to some of these Medicines of superior Efficacy, or at least be oppressed and overpowered by unequal Numbers: but the graver Practitioner will be tempted to ask, why is all this Waste, why all this Trouble and Expence in levying so many Forces? Might not two or three choice Remedies, often tried and crowned with Success, be detached from these numerous Regiments to combat the Disease, if the Doctor knows which of them he can rely on? But if he does not, he'll in vain attempt to make up with Numbers the Weakness and Insufficiency of

of his Preparations; for if none of the simple Ingredients, that form a complicated Recipe, nor any single Recipe, has any Virtue to suppress and conquer the Distemper, then two hundred listed in the Service will be unavailing, and will continue so, though a Squadron of two hundred more Auxiliaries should be raised to join them; for if the Parts have no prevailing Virtue in themselves, they cannot communicate any to the Compositions; and if all the Compositions prescribed are made up of such insignificant Ingredients, it is in vain to expect they should be successful, as before asserted. This I am well assured of, that Steel prepared or unprepared, and Chalybeate Waters, or those of the *Bath*, with opiate Remedies and such Evacuations, as I have before mentioned, at proper Seasons interposed, will do more for the Service of Hypochondriacal Patients, than five hundred other Prescriptions.

Chalybeate and other Mineral Waters, not purgative, are very beneficial, for the following Reasons. One I have given before, when I shewed how these Waters operate, by attempering, diluting, and carrying off the noxious Humours collected in the Stomach, that partly issuing from the Outlets of the Nerves and Lympheducts,

pheducts, and partly proceeding from a defective Digestion, do yet further deprave that Faculty, from whose previous Imperfection they in some measure took their Rise. But the chief Reason is this, that Mineral Diuretick Waters, especially Chalybeate, corroborate and restore by their astringent Quality the Tone of the Nerves, and the membranaceous Fibres, and contract and confirm the animal Spirits; by which means they are enabled to resist all violent Incitations and Impressions from outward and inward Causes, without Dissipation and convulsive Confusion. Now Hypochondriacal Affections are founded in the Relaxation of the Nerves, and the weak and fugitive Disposition of the Spirits, as has been often said; and therefore these Remedies, that recover the one and the other, by restoring their due Firmness and Consistency, directly lay the Axe to the Root of this Evil. And another Reason is this, that the Waters which I am speaking of mingling with the Blood, not only wash away many incongruous and impure Fluids, but inspire it with new Life and Vigor. Add to this, that by their Current they not only open and free the obstructed Glands, and provide a clear Passage for the Blood in its Circulation, but likewise by their Astringency,

gency contract the Glands that are relaxed, and by that means draw their Passages and Mouths to such a just Dimension, that they may not discharge an immoderate and superfluous Quantity of serous Humours; which as I have shewn before, is the antecedent and general Cause of Hypochondriacal and Hysterick Sufferings.

The Patient may take the Waters by themselves, from a Pint and half to three Pints at a time, interposing three quarters or half an Hour between each Glas; and to quicken their Diuretick Qualities, if defective, a Scruple of Salt of Amber, or a half Drachm of purified Nitre, or Sal Prunellæ, may be dissolved and taken in the first Glas, to push the Waters, and facilitate their Separation. Twenty Drops of *Mynsicht's* Tincture of Steel may be taken likewise, to enforce their alterative Virtue in the first Draught; or six or seven Spoonfuls of the Chalybeate Tincture, before prescribed, may be taken first in the Morning, and the Dose of Waters drank after it, and likewise repeated in the Afternoon, washing it down with half a Pint of the Water; or a Dose of the Electuary or Pills mentioned above, may be taken first in the Morning, drinking the Waters after them in the manner directed. If the Patient is bound,

bound, a Scruple of Pill Ruffi, or two Ounces of Infusion of *Hiera Picra*, should be taken at Night going to Bed, to relieve that Symptom, forbearing the use of the Waters the next Day; and it ought to be renewed when the like Exigence of Nature shall require it. It must be observed here, that all Chalybeate Waters are not equally beneficial to all Hypochondriacal Patients: those of *Tunbridge* will sometimes relieve those that found the *Sparrow* Water insignificant or detrimental, and so *vice versa*. The weaker Waters of *Islington* or *Hampsted* have been profitable to some who have been over-heated, and too much animated by those before-mentioned; for the more active and spiritfual Waters of *Piermont*, which Persons of a more tender and delicate Constitution cannot bear, may be very beneficial to Persons of a robust Complexion: and therefore if one sort of Waters does not succeed, another should be tried at a proper Distance of Time; and if no Chalybeate Springs are found to be profitable, the Patient ought to have recourse to those of the *Bath*, or *Aix la Chapelle*; and indeed all sorts of Mineral Waters are friendly in some degree to Hypochondriacal Persons: but they should drink none of these longer than five or six Weeks at a

G

time,

time, except in a small Quantity, especially those impregnated with Steel. The manner of drinking these Waters, and the Rules about it, are so well known, especially at the Places where they rise, that I shall not enter into any more Particularities relating to them: but before I dismiss this Subject, I crave Leave to add, that the use of the Waters I have mentioned, is likewise eminently profitable in scorbutick Cases, where it expresses more Efficacy than all other Prescriptions and Receipts whatsoever; and therefore Dr. *Willis*, *Etmuller*, and other learned Physicians, might have spared their Pains and superfluous Pharmacy, in providing and marshalling such endless Catalogues of Forces to engage this obstinate Enemy; for the principal Remedies to subdue or restrain the Growth of the Scurvy, that is the Beginnings or first Efforts of different Chronical Diseases yet in Embryo, and unfashioned, are Steel, Chalybeate, and other Mineral Waters; though that which is contracted by Sailors, who have lived long on Salt Meats in their Voyages, is likewise often subdued by green Sallads, and other acid Juices; and the Ways of Operation by which Mineral Waters produce their wholesome Effects, I have before unfolded, in treating of the Cure of Hypochondriacal Affections.

Having

Having explained the Operations of Steel and Mineral Waters, by which they become so beneficial to Hypochondriacal Patients, I proceed to the last Medicine I shall recommend in this Distemper, and that is Opium, which I mentioned, and only mentioned above: This Medicine is of singular Advantage in these Cases in several Respects: First, as it calms and soothes the Disorders and Perturbations of the animal Spirits; which, when lulled and charmed by this soporiferous Drug, cease their Tumults, and settle into a State of Tranquillity: Wonderful it is, how soon the Hurry and Tempest in the Nerves is composed by the Sollicitation and Intervention of this prevailing Medicine.

I have said above, that by their Nature and original Constitution the Spirits of Hypochondriacal and Hysterick Persons are weak and volatile; and therefore apt of themselves to fall into Disorders, and to be over agitated, and when they are thus restless and confused, whatever abates their Hurry, and restores them to a regular and peaceful State, is the Remedy that Nature demands. If Inquietude be the Distemper, Quiet must be the Cure; and 'tis certain, that many of these Cases have not their Rise from abundance of ill Humours, but

from the faulty Disposition of the Nerves and Spirits themselves ; and therefore frequent and strong Purgation, on pretence of carrying off noxious Humours, enfeebles the Spirits, and if pursued, will demolish the Patient: but quieting Medicines compose and strengthen him, by saving his Spirits from Waste and Dissipation, and imparting to them more Firmness and a sedater Motion.

This being premised, the judicious Reader, who attentively observes the Symptoms, will plainly perceive that these pacifick Medicines must remove or abate them in confirmed Hypochondriacal Affections. Violent Head-akes, want of Sleep, Pains, and Catchings, Inquietude, great Agitations of the Limbs, and Short-breathing, are the usual Sufferings. Now Opiates are found to be the only Remedy to relieve these Complaints ; and it is a great Mark of Benevolence and Compassion of the Author of all Things, that he has provided so easy and so prevalent a Medicine, to support Mankind under the unsufferable, tormenting Pains, that sometimes accompany Hypochondriacal Affections, as well as the Gout, Stone, and Cholick, which otherwise would be too much for human Patience to bear. Dr. Bernard, who practised Physick in London
about

about thirty Years ago with great Reputation, told me, that he had been obliged to take thirty Drops of liquid *Laudanum* every Morning in the Winter Season, to ease his laborious Asthmatical Breathing, which afflicted him every Day, without Expectoration; for, said he, without that Help, I am incapable of going abroad to visit my Patients.

Nor should any one be discouraged from using this Medicine in the Cases abovementioned by any Persons, who tell them with a grave Countenance, that Opiates lock up the Humours of the Body, and therefore must be avoided: but this is a Cant of Words without a Meaning, the dark Production of a cloudy Imagination, and therefore to be exposed and disregarded. It is at other times objected to the use of Opium, that, like Wine and Strong Liquors, it takes off the Edge of the Stomach, and makes the Person sottish and stupid. I grant, that this is a frequent Effect of it, if taken wantonly upon small or no Motives, and that frequently, and in an excessive Quantity: but no such pernicious Effects attend the use of it in a moderate Proportion, and then only when such violent and unsufferable Pains as I have before mentioned, or continued obstinate Wakefulness, and

great Inquietudes, shall require it; and under these Limitations, there is no fear of its being injurious to the Stomach, or hurtful to the intellectual Faculties. I have known several Hypochondriacal and Hysterick Patients, that took opiate Medicines for many Years under the Restrictions laid down, without the loss of Appetite, or the contracting any Dulness of Understanding; but on the contrary, they enjoyed a comfortable State of Health and Ease, having always at hand the friendly Assistance of their Remedy, when in good earnest they wanted it; and such a Quantity is to be prescribed, as by Trial is found to subdue the Symptoms. And the Reason why these Patients bear the frequent use of this Drug, without Diminution of Appetite, and more than natural Decay of the Mind; is, that the Spirits of these Persons, as I have often said, are exceeding volatile, and apt to be too much rarified; and therefore Opiates that contract and bring them into narrower Dimensions, do them great Service, by lowering and reducing them to Nature's Standard; whereas should others, of a sluggish or less active Complexion, whose Spirits are not enough refined and exalted, indulge themselves in the free use of Opium, it would be no wonder if they should

should be Sufferers by it in both the respects before suggested.

But others object against the use of quieting Remedies, their imperfect and ineffectual Operation; for, say they, this Medicine only relieves our Pains and Inquietudes, and gives us Ease and Rest for a Time, but then all these Sufferings return soon after. But should any Man argue thus against the use of Meat and Drink, and say, To what purpose should I dine and sup to Day? This does not totally remove my Hunger and Thirst, but only eases them for the present; to-morrow they will be renewed, and I shall be obliged to dine and sup again, which will make it so habitual, that I must be every Day eating and drinking for Health's Sake; and this will prove an unsufferable Burden. And the like may be urged against sleeping this Night, because it will be wanted again the next; if any Man, I say, should reason thus, would not the Audience conclude, that some Men may become stupid from other Causes more than that of the use of Opium? It is a very great Happiness to have a Medicine always at hand, that will ease our Complaints, when they happen; and though they cannot prevent all future Fits, will however subdue them as oft as they return.

Some

Some Persons further object, that if they take Opiate Medicines, as they shall always be obliged to repeat them on the like Occasions, so Custom and Familiarity will so far weaken their Operation, that they shall be obliged to repeat the Quantity often, till at length they must rise to an immoderate Dose, otherwise it will be ineffectual. I answer, that I must acknowledge that some, for want of due Caution, or of Patience to bear small Sufferings, or a great Delight to keep themselves always easy, pleasant, and in good Humour, indulge themselves too much in the use of Opiates, when there is no just Reason for taking of them so frequently, nor in so great a Proportion; as others have recourse too often to strong Wine and cordial Waters for the same purpose; and then it is no wonder if the one and the other by degrees contract such a prevalent Habit, that they cannot forbear these Entertainments without great Uneasiness, nor pursue them without great Danger; but to avoid a present Complaint and Dissatisfaction, they generally go on till they arise to a pernicious Quantity: But if the Limitations are observed which I named before, I seldom or never saw these ill Consequences in Hypochondriacal or Hysterick Cases, where there was no Mix-
ture

ture or Touch of Lunacy. I have known many Patients of each Sex, that have for a long Train of Years taken this quieting Medicine, as often as their pressing Symptoms required it, with good Success, and without any ill Consequence, or being obliged to increase the Dose higher than thirty Drops of liquid *Laudanum*, or a Grain and half of Crude Opium; except very seldom, when their extraordinary Inquietude, and exquisite and outrageous Pains not yielding to that Proportion, the Patient has been forced after two or three Hours to take as much, or half as much more; which, with the former Dose, has seldom or never missed the desired Effect.

Blisters are usually hurtful in this Case while they stimulate and provoke the Nerves and Spirits, too volatile and irritable of themselves. But if these Distempers are attended with Heaviness in the Head, and a sleeppy Disposition, or a paralytick Numbness or Relaxation of any of the Limbs, they may be applied with great Advantage.

I have now laid down the Method of Cure in this obstinate Disease, attended with such variety and so long a Train of Sufferings; but it must be observed, that the lowest Degree of it is rather desirable than

than hurtful; and therefore no Skill or Remedies should be employed to remove it. For it is evident by common Experience, that Men of a splenetick Complexion (I take the Word in a Physical, not in a Metaphorical moral Sense) in whom no great and considerable Symptoms appear, are usually endowed with refined and elevated Parts, quick Apprehension, distinguishing Judgment, clear Reason, and great Vivacity of Imagination; and in these Perfections they are superior to the common Level of Mankind: These they derive from their native Constitution; as many Hysterick Women owe their good Sense, ready Wit, and lively Fancy, to the like Fountain; and therefore a Hypochondriacal Disposition, while the Ferments that feed it are in a low Proportion, is consistent not only with Health of the Body, but is beneficial to the Faculties and Operations of the Mind; and it may be said of these Affections, as we say of Fire and Water, they are good Servants, though bad Masters; for when they keep their inferior Station, and are directed and governed, they assist the intellectual Powers, and make the animal Spirits more capable Ministers for the Service of the Mind. Some however I have known of a splenetick Constitution, who, notwithstanding

standing the great Helps and Assistance of that Complexion, were unanimated and stupid, of a slow Conception and muddy Head: but there are Errors of Nature, even in the Formation of odd Complexions and monstrous Individuals of the Hypochondriacal Species; but the Persons of such a flegmatick Constitution, that all Hypochondriacal Means and Labour have been lost upon them, while they still preserved sound and entire their invincible Antigenius and Incapacity, are but very few, though enough to stand Exceptions from the above-mentioned general Rule.

The Reason why Men of a splenetick Temperament excel their Neighbours in Cogitation and all intellectual Endowments, is this, that when the Juices strained by the Glands from the Nerves and Lymphatick Canals, and deposited in the Brain, Stomach, Spleen, Pancreas, or any other Receptacles or Lodgings, provided by Nature in the Structure of the Body, retain a moderate Acidity and Acrimony, they only stimulate, exalt and expand the Spirits to such a just degree, as enables them to make their reciprocal Motions with a due Velocity, in Obedience to the Impulse of the Mind, as well as when employed in voluntary vital Offices, and likewise to serve as more refined

refined Instruments of the Understanding, by a bright and lively Representation of its Objects, and of the Imagination, in all its lighter Operations, which by this means are stocked with a greater Plenty of clear, surprizing, and beautiful Ideas, than are commonly produced in Persons of a different Constitution. But if the Juices before mentioned, contained in any of the Bowels, degenerate, and become immoderately acid, sharp, pungent and austere, then they urge and vellicate the Nerves so much, and irritate and scatter the Spirits in such a violent manner, that the whole intellectual and animal Administration is violated and disturbed, while the Mind is deprived of proper Instruments for its Operations, and the Body is filled with Pains, Spasms, and convulsive Disorders, as before has been explained: But till this Period begins, the Spleen, as it is called, is no Disease, or at least none that one would wish to be cured of. The learned Dr. *Willis* has formed a Theory on this Subject, in part alike, and in part different from what I have laid down; by which he accounts for all these Effects, by the good or bad Disposition of a Leven or Ferment, which he places in the Spleen; and this he supposes, while it remains in a regular State,

is

is a great Assistant and Refiner of the animal Spirits, and when it is perverted, and becomes too sower and austere, he makes it the chief, if not the sole Cause of Hypochondriacal Symptoms: But I am so far from confining them to the Spleen, that I believe all other Organs are in their turn as much concerned, and some more, as I have before explained.

It must be acknowledged that this Disease being ingenite and coeval with the Embryo, and interwoven and complicated with the Principles of Life, it is even at first difficult to be cured; but after it has by degrees got Ground, enlarged its Power and Dominion, and seized the principal Seats of Life, it is scarce ever entirely expelled, while the unhappy Patient lives in a continual State of War, and is every Day alarmed and harrassed by furious Incursions of the animal Spirits from the Brain, and their painful Inroads into the Limbs and Bowels, which they afflict with convulsive Agitations; or while, on the other hand, they rise from the lower Seats of the Abdomen, and climb up with great Disorder, till they reach the superior Parts, where they produce the like Symptoms; though it is certain, that many Hypochondriacal Patients, even far gone, have been so much relieved by Method

and Medicine, as to live many Years in a comfortable and useful, though not a perfect State of Health.

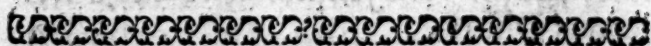
I have hitherto discoursed of the general Nature of Hypochondriacal and Hysterick Affections, simply considered, and abstracting from the Seeds of other Distempers, that in some Persons adhere to the Principles of the former, and by that Complication, make different Appearances of that Disease: sometimes the Malady of the Spleen is blended and combined with the noxious Ferments of Melancholy, Lunacy, Epilepsies, Palsies, and Consumptions; and by this means Hypochondriacal Patients, from the Conjunction of the Principles of either of the Diseases before-named, will discover great Marks and Tokens peculiar to each: for instance, some of a more morose, reserved, and saturnine Constitution, shall appear at times sad, melancholy, and inconsolable; some shall express the Signs of a disturbed Imagination, approaching to Suspension of Reason, or a lunatick, distracted State; and therefore the People cry out, oh! he is mad, meaning no more, than that he is an odd, whimsical, hypochondriacal Man. And this is the Case, when the Principles of other Distempers are combined in an inferior degree to hypochondriacal Seeds; for
I then

then likewise the Patient, in some measure, shews the Symptoms of the adventitious Disease.

While these foreign Seeds, of another Class and Nature, that strictly cling to and embrace those Hypochondriacal Maladies, are in a much lower Proportion, and the Hypochondriacal Symptoms more prevalent, and much superior to the others of a different Species and Extraction, the Patient may continue long in whimsical Circumstances, and under the Dominion only of his proper Disease, without being depressed into deep Sadness and Melancholy, or elevated into Lunacy and Distraction; for there are some, who though they fluctuate, and hang pendulous a long time between sober and mad, yet never wholly go over to the lunatick Side.

But how this Distemper is allied to melancholy Distraction, and other Diseases, that affect the Spirits and the System of the Nerves; and by what Properties it is distinguished from them, and how sometimes Hypochondriacal Affections are mixed with either of them, and the various Appearances and Effects arising from such Combinations, shall be treated of afterwards in the Third Section.

Of



Of HYSTERICK AFFECTIONS.

MOST Physicians have looked upon Hysterick Affections as a distinct Disease from Hypochondriacal, and therefore have treated of them under different Heads; but though in Conformity to that Custom I do the same; yet, as before affirmed, I take them to be the same Malady, and not different in Specie. It is true, that the convulsive Disorders and Agitations in the various Parts of the Body, as well as the Confusion and Dissipation of the animal Spirits, are more conspicuous and violent in the Female Sex, than in Men; the Reason of which is, a more volatile, dissipable, and weak Constitution of the Spirits, and a more soft, tender, and delicate Texture of the Nerves in the last, than in the first; but this proves no Difference in their Nature and essential Properties, but only a higher or lower Degree of the Symptoms common to both. Since then they are of the same Species, the Method of Cure ought to be adapted to this Notion, founded on Reason

Reason and Observation; though sometimes in prescribing for Hysterick Affections, a just Deviation must be allowed from the Rules set down in splenetick Disorders, not only because they differ in a great Degree, but by reason of many Peculiarities in the Female Sex, that require a different Application.

This Disease, called Vapours in Women, and the Spleen in Men, is what neither Sex are pleased to own. A Man cannot ordinarily make his Court worse, than by suggesting to such Patients the true Nature and Name of their Distemper; while two Persons, each of them far gone in Hypochondriacal or Hysterick Disorders, will reciprocally charge on each other this Disease, and with good Reason, as two Misers will upbraid one another with Avarice, which however neither of them can discern, or will acknowledge in themselves. One great Reason why these Patients are unwilling their Disease should go by its right Name, is, I imagine, this, that the Spleen and Vapours are, by those that never felt their Symptoms, looked upon as an imaginary and fantastick Sicknefs of the Brain, filled with odd and irregular Ideas; and accordingly they make the Complaints of such Patients the Subject of Mirth and

H Raillery.

98 *Of Hysterick Affections.*

Raillery. This Distemper, by a great Mistake, becoming thus an Object of Derision and Contempt, the Persons who feel it are unwilling to own a Disease, that will expose them to Dishonour and Reproach; though some I believe are not themselves conscious of the Nature of their Distemper, especially when complicated with the Seeds of Melancholy or Lunacy.

I cannot forbear saying on this Occasion, that it is a culpable want of Compassion, and the Mark of a cruel Disposition, when any make themselves merry with the Miseries or Misfortunes of their Neighbour; for these are not the proper Subjects of Pleasantry and Ridicule. Take those Persons that feel this Distemper in the lowest degree, and are only called, by way of Derision, whimsical, that is, fluctuating, unequal, and not uniform in their way of Thinking, or the Course of their Actions; yet since these Errors arise from the perverted and degenerate Nature and inordinate Motions of the animal Spirits, they are for that Reason, a Disease that demands other Usage than Scorn and Raillery. It is certain, that Hypochondriacal Men, as well as Hysterick Women, are often afflicted with various Pains and great Disorders; and
could

could it be supposed that this was nothing but the Effect of Fancy, and a delusive Imagination, yet it must be allowed, that let the Cause of such Symptoms be never so chimerical and fantastick, the consequent Sufferings are without doubt real and unfeigned. Terrible Ideas, formed only in the Imagination, will affect the Brain and the Body with painful Sensations. Thus we find that dreadful Objects presented to the Mind in Dreams; for instance, the empty and unsubstantial Forms of Ghosts and Spectres, will, by their violent Instigation and Impulse on the Spirits, put them into such a Hurry and Confusion, as shall cause great Inquietude and grievous Pains. Should then the Spring or Fountain of Hysterick Symptoms be sometimes only imaginary, and not real, this affords no Advantage or Comfort to the afflicted Patients; for the painful Effect is real and sincere; and though they look well in the Face, and eat their Meat with sufficient Appetite, they are often notwithstanding the miserable Objects of Compassion.

This Disease has the Appellation of Vapours from the Opinion of the antient Physicians, who imagined that it consisted in the Elevation of dark Fumes and Exhalations from the Matrice; which ri-

100 *Of Hysterick Affections.*

sing up in fruitful, but unwholsome
 Clouds, produce Sufferings in various
 Parts of the Body where they use to
 spread their unhappy Influence, which
 shall presently be reckoned up. This
 Opinion has been conveyed to later Ages,
 and continues among the common People
 to this Day. Hence this Disease is some-
 times called Fits of the Mother, some-
 times a Suffocation of the Womb, and
 sometimes Hysterick Affections, from
ὑστέρη, which signifies the Matrice. Thus,
 as the primitive Doctors before men-
 tioned, imagined that all Hypocondria-
 cal Symptoms were derived from a Col-
 lection of black Dregs and Lees separated
 from the Blood, and lodged in the Spleen;
 whence, as they supposed, noxious Reeks
 and cloudy Evaporations were always
 ascending to the superior Regions (the
 Chest, the Heart, and Head, which by
 turns were made the Seat of Hypocon-
 driacal War, turbulent Conflicts, and se-
 ditious Insurrections) to the great Di-
 straction and Confusion of the animal
 State; so they took a Fancy that all Hy-
 sterick Passions proceeded from the rising
 up of noxious Steams and Vapours from
 the Womb, through the Region of the
 Abdomen to the Thorax, Throat, and
 Brain, where they appear in different
 and

and surprizing Shapes: But as there are no Passages, or proper Conveyances, by which these Steams and Exhalations may mount from the inferior to the superior Parts, besides other insuperable Difficulties that encumber this Opinion, it is now exploded by learned Men, though retained, at least in Name, among the People.

This Distemper, expressed under various Appellations, is founded, like Hypochondriacal Disorders, in the weak and too delicate Texture of the nervous System, and the volatile and dissipable Temperament of the Spirits; nor are they, as I have said, two Diseases distinct in Specie, but are only different in Mode and Degree, and some peculiar Appearances: For the Essence or Nature of each consists in the irregular Flights and inordinate Agitations of the active Instruments of Sensation and Motion, which being irritated and provoked by degenerate and hurtful Juices inhabiting the Matrice, the Spleen, the Stomach, or any other Receptacles of the Body, pass through their Channels in Hurry and Confusion; and their Ranks and Order being thus broken, rush into the various Organs, where their Duty is to serve, and by their immoderate Expansion, or convulsive Grasps and

102 *Of Hysterick Affections.*

Constrictions of the soft and tender Fibres of which those Organs are woven, produce the Hysterick Sufferings peculiar to that Part ; the Solution of all which, in a rational Way, may be accounted for by the Hypothesis laid down in Hypochondriacal Cases.

An Enumeration of Hysterick Symptoms.

I shall chiefly set down the Symptoms that are found in the Female Sex, in a higher Degree or in a different Shape and Appearance from the same in Men.

The first I shall mention, is a painful Elevation of the Abdomen, while the Patient complains that he feels a Motion like that of a Globe or Bowl struggling and rolling upwards through that Region ; which by degrees mounting to the Midriff, shoves it higher, or at least hinders its Dilatation and Descent, whence short and difficult Breathing ; and is much augmented when the ascending Spasms and Convulsions reach the Thorax, and affect the pectoral Muscles, formed by Nature for the reciprocal Office of drawing in and excluding the Air : And when this inordinate Motion, begun in the lower Regions, and propagated through the intervening Parts, ascends

ascends to the Throat, it produces there such a strangling Grasp or Constriction, that the Patient labours under a Difficulty of Swallowing, as well as Breathing, to so high a degree, that she seems expiring, from a Suspension of both.

Though this Suffocation of the Throat, and frequent Interruption of the swallowing Faculty, is not by far so often to be found in Men, yet some Examples of it have likewise appeared in that Sex: And it is observable, that notwithstanding these Sufferings are so great and frightful, the Patient's Pulse continue, though low, sedate and regular.

These Persons are likewise by violent Convulsions, caused by the disorderly and unruly Motions of the Spirits, frequently afflicted with great Pains through all the muscular Parts of the Body, involuntary Catchings up of the Limbs, and a sudden striking or stretching them out, ungovernable Agitation of the Arms, tossing of the Head, and sometimes a stiff and rigid Posture of the Body, in which they continue a while inflexible; and at other times they strive and struggle with extraordinary Emotion, and are scarcely held by the Arms of the strongest Persons; and in their greater Paroxysms, their Eyes are distorted, and swim and roll

104 *Of Hysterick Affections.*

in a frightful manner, with Outcries and Vociferations, and repeated Sobs and deep Sighs. Sometimes they break out into an immoderate Fit of Laughing, which is soon succeeded by Sadness, Anxiety, and a plentiful Effusion of Tears; while the Patients complain, that their Heads are as hot as an Oven, and their Bellies, and especially their Feet, as cold as Ice.

Sometimes they perceive great Fullness, Oppression, and Distention of the Stomach and Abdomen; and sometimes they seem to themselves empty and hollow, as if their Bellies were gone. These, and other odd and anomalous Symptoms, proceed from the convulsive and confused Flights of the Spirits, or their unequal Distribution in the different Parts of the Body; and the last is the Reason why the Belly or Abdomen seems sometimes empty, and as it were evacuated; and sometimes too much distended, which happens as often as the Spirits flow thither in too great or too little Proportion: And from the same Inequality the Head is immoderately hot, while the Feet in proportion are as cold. Hence likewise proceed the Suffusions of Heat in particular Places, as the Back, the Breast, and Shoulders, where often the Patients complain
of

of a burning Disorder; where however no Fulness or Inflammation, or visible Defect is discoverable.

The Symptoms that appear in the Chest, are often short and unequal Breathing, not like that occasioned by the Oppression of a Load of Humours discharged from the Blood upon the Lungs, but resembling a dry Asthma, to which it bears a great Affinity. An irritating and contumacious Cough, without Expectoration of any digested or undigested Humours, is another Affliction caused by this Distemper in the Region of the Thorax.

The Symptoms of the Mouth are Suppression or Indistinction of Taste, while the Patient scarce discerns one sort of Meat from another; and sometimes the Palate is so vitiated by the disorderly Spirits, that all Foods impart to it a Sense of Fire or Pepper; besides excessive Spitting, of a thin serous Humour, even to a Quart, or much more in a Day and Night, frequently affects the Mouth. This immoderate Evacuation, which imitates that excited by Mercurial Medicines in the Salival Channels, proceeds from an inordinate Influx of the Spirits into the Strainers, by which they are irritated, and urged continually to separate its Moisture from the Blood; and as the irregular

106 *Of Hysterick Affections.*

gular Disposition of the Spirits from Af-
fright and Consternation, as well as a
Diabetes, will cause a Profusion of pale
Water from the Bladder ; so Hysterick
Passions, as well as Hypochondriacal, will
occasion a great Discharge of limpid
Urine ; which is likewise effected by sud-
den Alarms of Danger, or any surprizing
Calamity. Frequent Fits of long and
vexatious Sneezing, are Sufferings that
often afflict these Patients, and so are Pan-
diculations, that is, a violent and invo-
luntary stretching of the Arms and Body
in yawning ; and they are derived from
the same Fountain as the other Sym-
ptoms, that is, the unnatural and per-
verted Motion of the Spirits ; which,
stimulated by some noxious Ferments,
are disconcerted, and put into Flight and
Confusion ; and while thus disarrayed,
and unable to rally and recover their Or-
der, they rush into these or those Mem-
branes or Muscles in a tumultuous man-
ner.

The Symptoms that affect the Head,
are sometimes Dimness, or Diminution
of Sight, when the Exercise of the visive
Faculties is suspended for a short or a
longer Space ; sometimes the Power of
Speaking, and the Exercise of Reason,
Reflexion, and Memory, are discontinued
for

for two or three Days; by which this Distemper imitates a Fit of an Apoplexy; as sometimes by Distortions of the Face, Agitation of the Limbs, and Loss of Understanding, it resembles an Epileptick Paroxysm.

The Symptoms that disturb the Operations of the Mind and Imagination in Hysterick Women, are the same with those in Hypochondriacal Men, with some inconsiderable Variety; that is, Fluctuation of Judgment, and swift Turns in forming and reversing of Opinions and Resolutions, Inconstancy, Timidity, Absence of Mind, want of self-determining Power, Inattention, Incogitancy, Diffidence, Suspicion, and an Aptness to take well-meant Things amiss. But though this Disease sometimes affects the intellectual Faculties, and interrupts and distracts their Functions in a great degree, yet it seldom entirely subverts them, or brings on a State of Lunacy; though sometimes when the faulty Ferments that agitate the Spirits, and occasion involuntary Motions, are combined and complicated in some degree with the Seeds and Principles of that unhappy Distemper remaining in the Blood, or excluded into the Bowels or Glands, they may then infect the Spi-
rits

108 *Of Hysterick Affections.*

rits not only with an Hysterick, but a Lunatick Disposition, which has been and still is the melancholy Case of several of the Female Sex.

Now by the Hypothesis I have laid down, these Complaints and Disorders will be clearly explained: As first, the distracted and confused Motions of the Spirits rising from the lower Parts of the Abdomen, and imitating, according to the Patient's Perception, the rolling of a Bowl or Globe upwards, may be well understood as the Cause of such an anomalous Effect; as when the Peristaltick, that is, the gentle and unperceived protrusive Motion of the Guts; by which their descending Contents are pushed forwards, and at length excluded, is inverted; as in Cholical and Iliack Passions, those Contents are carried and impelled upwards, till being unloaded on the Stomach, they are ejected by violent Vomittings, not to be restrained till their regular Motion is restored to the winding Nerves of the Intestines; so in this Case the Inquietude and Dissipation of the Spirits ascending contrary to the Design of Nature and their usual Function, occasion, by their convulsive Agitations, the Symptoms before described; and this Disorder may indifferently happen from any
noxious

Of Hysterick Affections. 109

noxious Humours in the Matrice, the inferior Intestines or meseraick Glands, that offend and vex the Spirits in those Parts till they are driven into convulsive and hysterick Errors: and in like manner the reason of all the other Symptoms may be unfolded.

These Hysterical Affections, as well as Hypochondriacal, sometimes begin in the Brain, where the Spirits are first irritated and impelled into inordinate Motions, and thence the Tempest drives through the Nerves down to the lower Parts, and carries great Disorder and Confusion where-ever it comes; and if it be consider'd that, as above asserted, Transports and Extasies, produced in Men and Women by *Demons*, in Imitation of divine prophetick Inspirations, by the impulsive Violence of the Ideas and strong Representations in the Brain, the Spirits there were driven with ungovernable Force, and caused in the Joints, the Breast, and Abdomen, convulsive Motions; it will facilitate our Conceptions how Hysterick Fits are produced in the Head. On the contrary, sometimes this Discord and seditious Tumult in the animal Government has its Rise from the inferior Regions, and mounting upwards, agitates all the Parts in its way, till it climbs to the Brain,
and

110 *Of Hysterick Affections.*

and communicates to the Spirits that inhabit there a convulsive Disposition, or immoderate Expansion; and while their natural Order and Cohesion is greatly disturbed, they produce the grievous Train of Symptoms that in the Paroxysms of this Disease afflict the Head, as has been before described.

If the Tragedy begins in the Brain, it is excited sometimes by external, and sometimes by internal Causes; when the Seeds of this Disease, after they have lain dormant several Years interwoven and imprisoned in the first Principles of Life, and at length assisted and promoted by the Ferments of Puberty and maturer Age, begin to stretch themselves, and struggle for Enlargement, a sudden Fright, or any surprizing calamitous Incident, may by the violent Impression made on the Spirits in the Brain, excite the *Materia Disposita*, and give Birth to Hysterick Affections: And many under the Power of this Distemper, have informed me, that they never felt any Fit of the Vapours, as they are called, till after some such Accident befell them. But these Symptoms are likewise often produced by internal Causes; sometimes by degenerate Juices, either acid, acrimonious, or austere, lodging in the Cells and Vacuities of
the

Of Hysterick Affections. III

the Brain, in the same manner as they are sometimes caused by the like Impurities collected in the Stomach, Spleen, or any other Receptacles within the Abdomen, as has been formerly said.

This Distemper, under various Shapes and Appearances, affects by turns all the Organs of the Body, where it personates the Disease that peculiarly belongs to each Part; in the Head, it imitates an Apoplectick, and sometimes an Epileptick Paroxysm; in the Tongue, a Paralytick Numbness, and Suspension of Speech; and in the Heart, a Syncope; while a Defaillance of Spirit, and Cessation of Motion, with a Stretching out of the Body, make Standers-by think the Patient is dead. In the Breast, it resembles an Asthma; in the Limbs, a Rheumatism; and in the lower Back, a Lumbago: But the most considerable Instance is, when the Hysterick, irregular Motions of the Spirits, by Shiverings and Rigours, and a low, swift, and sometimes unequal Pulse, Oppression of the Heart, frequent Sighs, and Sicknes of the Stomach, express so great a Similitude to a putrid Fever, that it is not easy to distinguish the one from the other; of which Subject I have discoursed in my Treatise of the Plague and malignant Fevers. Since therefore
this

112 *Of Hysterick Affections.*

this Disease affects at Seasons so many organical Parts, and the Mass of Blood it self; since it changes and shifts its Figure so often, and appears so frequently in the Shape of other more dangerous Distempers, it falls out that the Guilt of those Distempers is often charged unjustly upon Hysterick Passions; while Spectators, by not discerning the Distinction, are apt to cry out, oh! this is nothing but Vapours. It is true, that these Vapours, though grievous and afflictive, are seldom attended with fatal Symptoms; yet it is likewise true, that at length, by wasting the Spirits and weakening the Constitution, after an uneasy and uncomfortable Course of Life, they introduce other Diseases, that prove destructive; and the Case of these Patients till then, deserves the greater Commiseration, inasmuch as they cannot die, nor live in Comfort.

Thus I have enumerated the Properties and Symptoms of Hysterick Affections; whence it will appear, that they do not differ in Specie, but only in Degree from Hypochondriacal; and that whatever remote Causes contribute to the Production of these Distempers, yet their essential and adequate Idea consists in the unequal, convulsive Agitation of the animal Spirits, and that the immediate Seat or Subject of them

them is the System of the Nerves, the sensitive Theatre where all these extravagant Scenes of Uproar and Confusion are transacted.

This Disease is common to all of the Female Sex, Virgins, Married Women, and Widows, without Distinction of Age, as appears by Attention to the Symptoms above recited; and it may justly be divided into two sorts: one consists in Fits and Paroxysms, which however are transient, though they return after uncertain Intervals; and in this case, the Spirits are often incited and enraged to such a degree of Fury and Impetuosity, that they shake the whole Fabrick with enormous Convulsions, and are commonly, but improperly called Fits of the Mother, or Suffocations of the Matrice. The other sort is not so violent and frightful, but more constant, attended with inferior and milder Symptoms, but evidently Hysterick, that is, Strangulation of the Throat, aking, swimming, and lightness of the Head, Oppression and Inquietude of the Spirits, frequent Sighings, Trembling, and Palpitation of the Heart, convulsive Twitchings of the Muscles, jumping of the Tendons, and Catchings of the Limbs, with Pains and Suffusions of Heat, noisy Eructations of Wind from

114 *Of Hysterick Affections.*

the Stomach, Vomitings of fowre and bilious Humours, changed from yellow to a deep Green, by the Mixture of acid Juices : Add to these sometimes an immoderate Gaiety of Temper, which however is not lasting, and frequently a profuse Discharge of pale Urine like Rock-Water.

Of the METHOD of CURE.

I Come now to set down the Method of Cure, and shall first discourse of that which is proper in Hysterick Cases of the second sort, which never rise to the Height of terrible Paroxysms.

It must be observed, that since this Distemper agrees with that called Hypochondriacal, in all its essential Properties, the Method and Medicines, at least for the principal Part, that are proper and successful in the last, must likewise be accounted salutary in the first : Therefore Steel and its various Preparations, Chalybeate Waters, Opium, warm Purgatives, and vomitive Remedies, which are eminently useful in the Disease of the Spleen, must

Of Hysterick Affections. 115

must be very beneficial in Hysterick Affections.

But since the noxious Humours in other Distempers peculiar to the Female Sex, may sometimes irritate, and give them an Hysterick Turn, or may unite themselves to other Impurities in the Cells and Caverns of the Bowels, and with conjunctive Force produce these Spasmodick Disorders, it is reasonable to mingle with the Medicines before mentioned, others, whose Vertue has been experienced to be successful in reducing the disorderly Disposition of the Spirits, and restraining them from flying out in an unruly and tumultuous manner; and such are various Gums, as Assafætida, Galbanum, Oppopanax, Myrrh, Castor, Gum Ammoniac, &c.

Take of Myrrh, Assafætida, Galbanum, each a Drachm, of Castor a Drachm and half, of Salt of Amber two Scruples, and Saffron half a Drachm, make all into a Mass, with a sufficient quantity of Gum Ammoniac dissolved; take four Pills of moderate size every Morning and Afternoon, drinking after them a Draught of the Infusion of Penroyal Leaves.

Or, Take of Extract of Gentian a Drachm and half, of Salt of Amber
1 2 *half*

116 Of Hysterick Affections.

half a Drachm, of Root of Virginian Snakeweed a Drachm, Salt of Steel a a Drachm and half, with a quantity sufficient of Gum Ammoniac dissolved; form them into a Mass for Pills; make them of a moderate size, and let the Patient take four of them every Morning and Afternoon, drinking after them a Glass of Wine embittered by Root of Gentian.

If the Form of an Electuary pleases better :

Take of Conserve of Roman Wormwood ten Drachms, of Conserve of the Flowers of Rosemary six Drachms, of Cinnabar, of Antimony, and Trochisks of Myrrh, each two Drachms, of the Root of Zedoary and Contrayeria, each a Drachm, Seeds of Rbue half a Drachm, of the Salt of Steel or the Vitriol of it, or Steel prepared with Sulphur, or Tartar, two Drachms; make it an Electuary, with the Compound of the Syrup of Piony : take the quantity of a Chestnut every Morning and Afternoon, drinking after it the Infusion above named, or instead of it four Spoonfuls of the following Julep, which may be likewise given after the Pills prescribed.

Take

Of Hysterick Affections. 117

Take of Milk Water and that of Black Cherries, each four Ounces; of Rue and Pennyroyal Water, each an Ounce; of compound Briony Water, three Ounces; of Spirit of Lavender, two Drachms. Sweeten the Mixture with Sugar for a Julep.

The Drops of Tincture of Steel, mentioned before, will likewise be useful when taken, as there directed, with Chalybeate or other Mineral Waters. These Waters may be likewise given after a Dose of the Pills or Electuary, every Morning and Afternoon, as above directed, for a Month. The *Bath Waters* and those of *Tunbridge* to be drunk on the Place, otherwise their volatile Virtue will much evaporate; tho' the first will be serviceable in a considerable degree, when taken at a Distance from the Spring. If a stronger Kind of Water, such as the *Spaw*, *Piermont*, *Tunbridge*, is unsuccessful, let those of a weaker Virtue be tried.

In this Case, violent Pains in the Head and Limbs often afflict the Patient, and sometimes an obstinate Wakefulness; but especially Disorders in the Abdomen, such as flatulent Distensions and cholical Sufferings, a restless and unquiet Dispo-

118 *Of Hysterick Affections.*

sition of Spirits, Vomitings or Strainings to vomit, and sometimes an obstinate Looseness. During the Continuance of any of these Symptoms, the Patient ought to forbear Steel Medicines and the Mineral Waters, as well as the Gum Pills, and have recourse to the Use of Rhubarb and Opiates; which in these Cases are so necessary, that there is little to be done without their Assistance. For this Malady being founded in the dissipable Disposition and convulsive Turn of the Spirits, Opiate Remedies are of admirable Service to restrain their Fury, pacify their seditious Discontents, and confirm their shatter'd System. But this I have treated on before in Hypochondriacal Cases, and have shewn when and in what Quantity Opiates should be taken; and have answered the common Objections brought against the Use of this most beneficial Remedy, if judiciously prescribed, and not by Excess and great Familiarity made hurtful or insignificant. I have laboured likewise in that place to remove the great Prejudices that many of the Female Sex lye under, in respect of quieting Medicines, who however need their Assistance most. And that it is from a groundless Prepossession and imaginary Terror, that such Persons exclaim against
Opium

Opium is evident; for when they have taken it without their Knowledge, it has very often done its Duty, and removed the Complaints for which it was prescribed. It is true, that this excellent Medicine is attended with some Inconveniencies, both in Hypochondriacal and Hysterick Cases; for the next Morning the Patients are often troubled with a Lightness and Swimming in the Head, attended with a nauseous Disposition of the Stomach, like Sea-Sickness, and Aptness to reach and vomit: To avoid which, the Patient ought to continue in Bed some Hours longer than at other times; and to forbear, during the Morning at least, all Malt Liquors. However, this uneasy Consequence is not to be compared with the Benefit that the Patient receives from this powerful Drug. There are few Things so good, as not to admit some Mixture of Ill; but when the Superiority of the Convenience preponderates, and abundantly outweighs the Inconvenience, it should determine our Choice: Which is the Case before me, where great and almost intolerable Miseries are removed, and but small and transient Sufferings succeed in their place.

Gentle and warm purging Medicines should be sometimes interposed, to carry

120 Of Hysterick Affections.

off the collected Humours in the Stomach and Intestines; such as four Spoonfuls of *Elixir Salutis*, or of Tincture of the Species of *Hiera Picra*, or Rhubarb infused in Anniseed Water, or strong Mountain White-wine, either given alone, or mixed with twelve Drops of liquid *Laudanum*, especially in cholical Pains. The Night after purging, should be taken twenty, or twenty five Drops of *Laudanum* in any convenient Liquor.

In case of a Looseness before-mentioned, the Infusion of Rhubarb, or a Scruple of the Powder with half a Drachm of *Diascordium*, will be best taken at Night going to Bed; and the next Night two Scruples of *Diascordium*, and twenty or twenty-five Drops of *Laudanum*. These are to be given interchangeably for three Doses. Nor has the Hysterick Patient any Reason for her Aversion to take this pacifick Drug in short and difficult Breathing, for fear it should thicken the Humours in the Lungs, and by hindring their Expectoration increase the Oppression; for this is not the Case of Hysterick Persons, who struggle with Suffocation and laborious Breathing, not from Catarrhs, Defluxions, and a heavy Load of phlegmatick Humours in the Lungs, but from the Disability of the pectoral Muscles

arising

Of Hysterick Affections. 121

arising from the Constriction of the Nerves, and inordinate Motions of the Spirits.

The Method of Cure I have hitherto laid down regards the Distemper as chronic, and not accompanied with violent Concussions, or Hysterick Suffocations; but it is likewise to be pursued when such Fits are gone off, as a Preservative against their Return: And now I shall mention what Method is to be used during such acute Paroxysms, that is, when the Regions of the Thorax and the Abdomen are affected with violent and terrible Convulsions, and the Limbs distracted with furious Agitations, till the Spirits being spent, they fall into a Swoon, or a low and lifeless State; when the Eyes are distorted, or roll in the Head; when the Patient bursts out alternately into involuntary weeping and laughing, or into absurd and incoherent Talk. The Means proper to relieve these violent Fits, (for as to those of a slight and lower Degree, the Patient left to her self will soon recover) are these that follow.

Letting Blood, especially in younger Women of a more florid and hail Complexion, is beneficial, as tending to compose the Fury and Orgasms of the Spirits, and by moderating the Velocity of their Flight,

122 *Of Hysterick Affections.*

Flight, and contracting their dissipated and too much expanded System. Sweet Odours do often much affect Hysterick Patients, insomuch that some of the fair Sex are unable to bear Linnen or Gloves in the least perfumed, or so much as the Smell of Flowers, not only of the Tuberose or Jonquil, but the Jessamin and Damask Rose, tho' at a considerable Distance. And therefore outward Remedies of a strong and foetid Scent are frequently serviceable to the Patient, while admitted by the Nostrils, or rubbed on the Neck and Temples, they put the Spirits into contrary Motions to those excited by odoriferous Objects, which is to reduce them to a Regularity and healthful State. For this purpose, Spirit of Sal Armoniac prepared with quick Lime, Spirit of Hartshorn and its volatile Salt applied now and then to the Nostrils; as also little Knots that include *Sal Armoniac*, *Afsafœtida*, *Galbanum*, Flowers of the Lilly of the Valley, &c. held to the Nose often, rouze the Spirits, and restore their Motion. But as to kindled Sulphur, burning Feathers, and smoking Linnen applied to the Nostrils, which the Nurses fly to in the first place; it must be owned, that the foetid Particles are so much exalted in these Compositions, that when
let

let loose by the Fire they strike the Spirits with so much Violence, that they rather enrage them, than reduce their Disorder; and it is certain, that as some Patients cannot bear these without hazard of Life; so others suffer as much under the Operation of excessive Quantities of stinking Oils; and even that of Amber, used upon these Occasions, is for the same Reason often prejudicial. The drinking of a Glass of cold Water in the Fit has been often advantageous; but the Attempts of Friends and Relations by clasp- ing fast the convulsed Bodies of such Patients, to reduce them by Force to their natural Posture; and by holding their Limbs with Violence, to prevent the convulsive Agitations, is rather detrimental than useful. All that in this Case ought to be done, is to leave the Patient to her self, and take care that the Motions of her Limbs be so managed, that she does her self no Injury. And for the same Reason I never direct strict and painful Ligatures to compress and restrain the Body or Limbs with Violence, that the Orgasm or Outrage of the Spirits by such Constrictions may be composed; for while they are under the Power of such ungovernable Agitations, and are furiously driven and scattered by the Impulse
and

124 Of Hysterick Affections.

and Stimulation of convulsive Principles, in this State of Distraction, they will by no means yield to a violent and direct Attack, nor be obedient to rough Methods: At this Season they are better led than driven, and will sooner submit to gentle, soothing Remedies, that persuade and sollicit Peace, and by degrees disarm them of their Fierceness, and bring them to a sedate Temper; and such are these that follow:

Take a Dose twice a-Day of the Gum Pills mentioned before, or the following Electuary.

Take of Conserve of the Flowers of Rosemary, ten Drachms; Conserve of the Leaves of Rue, six Drachms; of Trochisks of Myrrh, two Drachms; of Flowers of Sulphur, a Drachm and half; of the Powder of the Leaves of foetid Orrice, two Drachms; of Syrup of the same, enough to make it an Electuary. Take the Quantity of a Chesnut twice or thrice a-Day, drinking after it of the Hysterick Julep before-mentioned four Spoonfuls, or a Draught of the Infusion of Pennyroyal Leaves,

During

Of Hysterick Affections. 125

During the Fit or Paroxysm, Plaisters of *Galbanum* and *Tacamahac* applied to the Feet, and to the Region of the Abdomen and *Assafetida*, quilted in Linnen, and worn above the Knees, are useful; as they inspire the Nerves with such Emanations and Effluvia as are apt, like those applied to the Nose, or taken inwardly, to appease the Elastick Efforts of the Spirits, controul their rapid Motions, and introduce Quiet and Tranquillity; a contrary Effect to that which arises from sweet-smelling Flowers and Perfumes; though it must be acknowledged, that sometimes in particular Constitutions odorous Drugs taken into the Stomach relieve the Patient; and therefore when the Remedies of an opposite Quality have been tried in vain, the Physician may have recourse to these of a different Nature. For Example,

Take of Civet two Grains, Musk five Grains, Saffron three Grains, Dia-scordium half a Drachm, with Syrup of Atriplex Olida; make it a Bolus, and take it twice or thrice a Day, drinking after it any convenient Liquor.

During the Fit, rectified Spirit of Hartshorn, Sal Volatile Oleosum, Dr. Goddard's Drops, or a Spoonful or two of
Hysterick

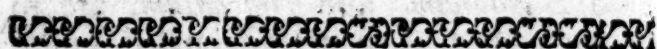
126 *Of Hysterick Affections.*

Hysterick or Compound Piony Water, diluted with Spring Water, are beneficial.

But the most prevalent Remedy, as operating directly and immediately on the convulsive Nature of this Distemper, is crude Opium, and the several Preparations of it. And it is observable, that in all the Recipes to be found in the Writings of eminent Physicians on this Subject, Opium is often one Ingredient of the Composition during the Paroxysm; and out of it, Opium or Steel are almost always a Part of the prescribed Remedies; which evidently shews that those Authors, who either from an Affectation of shewing their Fertility and extensive Knowledge of Pharmacy, or from a Desire to disguise their Prescriptions, by various Complications or fruitless or less effectual Medicines, thought they advanced the Dignity of Physick, by making it more pompous and full of Mystery, did however chiefly rely upon the Vertue of Quieting and Chalybeate Remedies; the first, during the Fit, to suppress its Insults, and both of them, when the Fit is over, as proper to mend the depraved Habit of Body, and prevent the Return of the Enemy. When,
and

and in what Proportion crude Opium, liquid *Laudanum*, and *Diacodium*, are to be prescribed, I have discoursed under the Head of Hypochondriacal Affections.

It is great Pity that Hypochondriacal and Hysterick Patients should, by unreasonable Prejudices, be defrauded of the great Benefit of this powerful Juice or Extract of the Poppy; which, as I have shewn before, when used with Caution and Judgment, does wonders, unaccompanied with any ill Consequences, but what are far inferior to the good Effects produced by their Operation. But it must be observed, that these quieting Medicines always succeed best after Evacuation; and therefore if the Patient is bound, it is requisite that a purgative Clyster should be administred, or an opening Remedy taken into the Stomach; such as twenty-five Grains *Pilul. Fatida*, or *Coch. Maj.* or *Pil. Ruffi*, or *Pil. Rudij*, or two Ounces of Infusion of *Hiera Picra*, or four or five Spoonfuls of Elixir *Salutis*: and it is necessary that at Night going to Bed after such Evacuations, the Patient should always take a quieting Medicine, to compose and allay the Disorders of the Spirits, too much agitated and ruffled by the Instigation of purgative Medicines.



S E C T. III.

*Of the CHOLICK, MELANCHOLY,
and PALSY.*

THese Diseases have great Affinity to Hypochondriacal and Hysterick Affections, of which I shall discourse in their Order, and explain their Natures, and mention the peculiar Properties by which they are discriminated from each other, and then set down the Method of their Cure.

Of the CHOLICK.

This Distemper derives its Appellation from the large, crooked, and unequal Intestine called the *Colon*, which it chiefly afflicts with convulsive Gripes and tormenting Pains, that propagated to the Stomach, create there grievous Sicknes, accompanied with violent Reachings and frequent Vomitings. It is of two sorts, one is more acute, and of shorter continuance, which arises from a Redundancy
of

of acrimonious Choler, that bites and irritates the nervous Fibres, and afflicts them with vehement Distentions or Contractions, and creates at the same time a feverish Disorder in the Blood. The casting up of much bitter, yellow Bile during the Paroxysm, shews the Cause of this acute and unsufferable Malady, that is nearly allied to the Disease called *Cholera Morbus*; and seems to differ only in this, that a *Cholera Morbus* is of a shorter Duration, and is attended with a great Looseness, as well as frequent Ejections upwards; whence it appears they have one common Cause, that is, an exorbitant Collection of bitter Choler in the Ventricle, and the Intestines, its Appendages; and they are both removed in a few Days by Evacuation, plentiful Dilution, and pacifick Remedies, judiciously administered, otherwise they soon produce an Inflammation of the Guts, succeeded by a fatal Mortification or Gangrene.

A nervous Cholick is the other sort, which is not attended with a Fever, or at least but in a low degree. This, from the painful Agitation of the Spirits, sometimes happens to Patients that are not liable to Hypochondriacal Affections, but have however a weak Frame and

K

Texture

Texture of Nerves by Nature in the Parts affected, or at least have contracted it by an irregular voluptuous Course of Life; by which they have depraved and relaxed the Tone of their Stomachs, impaired the healthful State of the Nerves, and filled their Bodies with degenerate and vitiated Humours.

But most commonly the Distempers vulgarly called the Spleen and Vapours, introduce this Complaint of the Cholick, as I have before explained, where I have given a Description of their Nature and Production; but it must be observed, that Hysterick Patients are more frequently troubled with it than Hypochondriacal; for their Nerves being of a finer and more delicate Thread, and their Spirits more fugitive and apt to lose their Coherence than those of Men, whose firmer Constitution enables them to make a greater Resistance to the Impulse and Instigation of sower and bitter Humours, it is no wonder they should be more often afflicted with cholical Sufferings.

The Guts, vulgarly called the Bowels, seated in the Cavity of the Abdomen, are often liable to acute tormenting Pains, but chiefly the Colon, that, for its Amplitude and protracted Length, may be reckoned the principal Intestine; and sometimes

those of less Dimensions and thinner Coats, especially the Ileon, feel as great, if not greater Torture; whence the Iliack Passion has its Denomination, and the other smaller Guts in their turn are sensible of the same Calamity. But the Colon being the most eminent for Extent and Largeness, has by degrees so far encroached upon the rest, as to give its Name to all the grievous Sufferings of the neighbouring Parts; so that now all great and extraordinary Pains in the Contents of the Abdomen, whether in the Mesentery, the Ileon, or other Intestines, are commonly without Discrimination called the Cholick; though before, they were justly distinguished by the different Names of the Guts, which they chiefly affected.

While the winding Volumes of these hollow Tubes, laid and disposed with admirable Art in the Cavity of the Belly, preserve their native Order, Situation, and regular State, they perform their Functions with so great Quiet and Tranquillity in conveying to the lacteal Vessels the nutritious Juices laboured and concocted in the Stomach, and in sending downwards by their protrusive or peristaltick Motion, and at length excluding the faeculent recrementitious Parts to which

the lacteal Veins deny Admission, that we are not perceptive or conscious of their Operations; but when they are disturbed and interrupted in their Duty by incongruous and depraved Juices, we feel the sad Effects of that in violent Distentions, or unsufferable Pains.

Now, taking the Cholick as a general comprehensive Term, that signifies all these Sufferings in the Intestines and Mesentery, I shall treat of it, as I have above divided it into two sorts; one is the bilious or accidental Cholick, produced by an excessive Collection of bitter, acrimonious Juices, mixed however with acid and austere in the Parts before mentioned; and the other that which arises from Spasms and convulsive Motions of the Spirits, without such a Load of bilious or sower Impurities, though not entirely free from them: and this Species is properly called habitual, nervous, hypochondriacal, hysterick, and scorbutick; and it is frequently named the dry Gripes.

As to the first sort, it proceeds, as said, from a Fulness of Choler, mingled with other noxious, acid Humours, discharged from the Glands of the Guts and the Pancreas, that meeting in the Cavities of the Intestines, an immoderate Quantity of Bile issuing from the Cistern of the Gall,
and

and by their Rencounter cause such Ebullitions, and such a Strife and Fermentation, as fill all the Ambages and serpentine Train of the Guts with Uproar and Distraction; and while the bilious and acid Particles prick and corrode the membranaceous Fibres, they enrage and impel the Spirits that reside there to perform their peristaltick Duty, into the utmost Confusion and Disorder, whence they take their Flights with the greatest Precipitation; and by their Irregularity and Violence, create restless Perturbations, lacerating Pains, and unsufferable Torment; insomuch that this fierce Commotion and Insurrection in the animal Commonwealth threatens its Ruin and Destruction. These impetuous Shocks and Concussions are owing to the Fury and Oestrus of the irritated Spirits inhabiting the nervous Branches, distributed from the Glands of the Mesentery to the Intestines of the Stomach; by the Mediation of which that Bowel is also affected and provoked to violent and repeated Vomittings.

The Torture of the Intestines is sometimes so enormous, that in less than twenty Hours they are inflamed and fatally mortified, as well from the noxious Quality of the bilious and other Juices

exalted to the utmost pungent and corrosive Degree, as the native Debility and too great Tenderness of the Guts themselves: But this Distemper is usually protracted for several Days, and in that it differs from a *Cholera Morbus*, which attacks the Patient with great Fury, but soon conquers or draws off; seldom continuing above two Days and Nights. It is likewise distinguished from that Disease, by its binding the Patient, and preventing the Exclusion of the excrementitious Leavings of the Chyle; for in the other Case the Patient is harrassed continually, as well by copious Dejections, as great Sickness and vomiting. I have mentioned this Distemper, because it so much resembles the bilious Cholick that I have been describing, which arises from the same Causes, and is attended with the same Effects, excepting the Instances before named; nor is there a great Difference in the Method of their Cure.

Sometimes the irritating and corroding Matter of the Disease is only stopped and retained by the convulsive Constriction of the Intestines, whence the Symptoms before enumerated have in a great measure their Origin. But when it rages in the most violent manner, the wreathing and spiral Motion of the Guts, that gently
shoves

shoves or protrudes the Recrements downward, is by the convulsive and distorting Force of the Spirits inflected and turned back upon it self; and then the Contents of the Intestines are pushed upwards to the Stomach, and exploded through the Mouth with great Violence. The Distemper in this furious State is called the Iliack Passion, or a Convolution and Twisting of the Guts, as if they were strictly complicated, involved and wound about one another; which is not so, but some Part only by the inverted Peristaltick Motion recoils upon it self, and is forced into the next superior Cavity, as when the End of the Finger of a Glove is thrust into the hollow of the Part immediately above it; and then it is very difficult by any Remedies to reduce the Intestines thus inwrapt contrary to their natural Situation, while the excessive Torment soon introduces an inflammatory State, and a consequent Gangrene or Mortification. I now proceed to

The Method of Cure in the CHOLICK.

Since this Disease takes its rise from an exorbitant Collection of bitter, acrimonious, and sowre Juices, as before explained,

136 Of the CHOLICK.

plained, the Evacuation and Dilution of them are demanded in the first place.

Take plentiful and repeated Draughts of a light Infusion of Carduus Leaves, or Sage or Centaury Tops in Spring-Water; or take small Broth of Chicken or Veal, without Otmeal or Bread; or take copiously some purging Mineral Waters with which this Island abounds; such as those of Epsom, Dulwich, Northall, &c. Either of these may be drunk to three or four Quarts, if they are ejected by vomiting, as they often are, and do not pass thro', otherwise two Quarts are enough.

These Liquors are eminently beneficial, not only by their carrying off the impure and sharp Humours, that gaul and grieve the Stomach and Intestines; but likewise as they dilute and attemper those that remain behind, by which means their pungent and stimulating Force is abated: For, as suggested before, there is no peculiar Antidote or specifick Remedy yet known, that can subdue and extinguish Choler; and since that is the principal and predominant Humour that causes this Distemper, its exorbitant Power must be reduced and brought down by Dilution; as we see Gall or Spirit of Vitriol
lose

lose their Force when poured into a Vessel of Spring-Water, far superior in Quantity; for the pungent and sharp Particles being dispersed and diffused thro' such a disproportionate Measure of insipid Liquor, are weakened and enfeebled to that degree, that they are scarce perceptible to the Taste.

If the Mineral Waters perform their Duty downwards, so that there is a plentiful Evacuation, let the Patient take at Night going to Bed, either a Grain of Opium, or twenty-five Drops of liquid *Laudanum* in any convenient Liquor. But if the Waters do not make their Passage thro', but are ejected by vomiting, the following Pills may be taken in the Evening, and likewise after Dilution by the *Carduus* Water, or Broths.

Take of Pil ex duobus, two Scruples; of crude Opium, a Grain and half, going to Bed; and the Morning following, if they work by Nine a-Clock, drink freely of Chicken-Water, that is, small Chicken Broth; but if they do not operate by that time, drink three or four Pints of purging Waters, or more, till they have their Effect; and the Night after drink the following Draught:

Take

138 Of the CHOLICK.

Take of Barley, Cinnamon-water, or Milk-water, two Ounces, of compound Wormwood-water half an Ounce, of Opium dissolved and strained one Grain, of Syrup of Diacodium three Drachms, make it a Draught.

If the Patient be not relieved, nor the Symptoms disappear, as they often do by this Method, let it be repeated once more; I mean the Pills at Night, and the composing Draught the Night following; and this way, though not from the Vertue of one simple Medicine, I have by long Experience found so successful, that it may be reckoned almost sure and specifick. It is true, that sometimes the Humours are so depraved and exalted to that malignant, and almost poisonous Degree, that they will not yield to this generally efficacious Course: The Guts are so implicated and tied so fast, that no means are able to unlock and loosen them, but a Mortification soon happens in the Intestines, and cuts off all Hopes. But then it must be considered, that this Method may notwithstanding be called specifick, since it may as generally be depended on as the two most celebrated Remedies, the Jesuit's Powder and Opium; for the first is not of such certain and universal Force

as to conquer all Agues and intermitting Fevers, which are sometimes so obstinate, that they entirely elude the Vertue of that Medicine, and are subdued by Remedies of another Nature, and less Fame, as I have experienced; and as to Opium, though an admirable and most beneficial Medicine, when prescribed with Judgment and due Caution, it is frequently ineffectual, and does not remove Pains, and procure Sleep, according to its usual Success; and more than this, in some Cases, and some Persons of a peculiar Constitution, this Remedy will, instead of calming, enrage and exasperate the Pain; particularly in certain Women afflicted with the Cholick: and others likewise of each Sex are not only disappointed of the Rest and Sleep they expected from it, but by a reverse Operation, are kept more wakeful; though sometimes its genuine Effect is suspended to the Night following, which makes amends for the Inquietude and want of Sleep the Night before; and though this Medicine is of all others the most powerful to stop a Diarrhœa, that is, a Flux of the Belly; yet sometimes however, in Persons of an uncommon Complexion, it will operate like purging Physick, and cause a Looseness, which it generally restrains. And therefore the Method

thod I have set down for the Cure of the Cholick, which perhaps does as seldom fail of Success as the Jesuit's Bark or Opium, may be accounted a Method as certain and as specifick, though not consisting of one Remedy, as either of those most useful Drugs that are dignified by that Title; while by an opposite and controuling Vertue they either destroy the noxious Qualities of the Juices that feed the Distemper, and so become a Counterpoison to the particular Venom of the Disease; and at length balance and suspend its Operations, or by copious Dilution take off its Force; by which the Rectitude, Peace and Harmony of the animal Administration is restored.

A *Cholera Morbus* has a great Affinity to a bilious Cholick, as was before suggested, and owes its Rise, like that, to a redundant Quantity of Choler treasured up in the Stomach and Intestines, from which Humours it takes its Denomination; and therefore both the one and the other are most common and rise in the autumnal Months that follow a sultry Summer, whose immoderate Heat is apt to breed too much bitter and adust Bile: This Disease only differs from the other, in that it is of a shorter Duration, and accompanied with more Dejections downward,

ward, and more violent Ejections upwards. The Method of Cure is however little different; for Dilution, with small Chicken-Broth in great Plenty, being first attempted, a Grain and half of Opium, or thirty Drops of liquid *Laudanum*, given in any proper Liquor at Night, and Dilution with the same Liquor repeated the next Morning, and the Night following the quieting Medicine, if the Symptoms do not cease, is the true Method of Cure; but if the Vomitings and Looseness are so violent, that the Patient grows faint and dispirited, and appears much spent and beaten down, then, without any previous preparatory Evacuation or Dilution, the Opium or *Laudanum* must be given; and if the Medicine be presently ejected, it must after an Hour be repeated, and so on, till it stays, and then not to be directed again, till the return of as violent Symptoms demands it; and when the Symptoms are mitigated, and the Stomach will bear it, gentle and repeated Purging by the Infusion of Rhubarb and the Leaves of Senna will be very proper to carry off the noxious Humours.

The second sort of Cholick is what I called nervous, hypocondriacal, hysterick, or scorbutick; and this Kind does not depend

pend upon a great Load of cholerick Juices, that bite, pinch, and provoke the Stomach and the Intestines, but upon any sowre and austere Humours whatsoever, either in the Abdomen, or any other Receptacle, or Bowel, or glandulous Substance, that corrode the nervous Fibres, and by their Instigation discompose and disperse the animal Spirits residing there; which thus distracted and disarrayed, enter the Coats of the Colon and Intestines, and rack them with convulsive Distortion and tormenting Pains, in the manner before described: nor is this sort so often attended with a Looseness as the other, and will with less Difficulty be removed. Hypochondriacal Men are obnoxious to these painful Distempers, but Hysterick Women more; which in some of a very tender Complexion, or a broken Frame of Nerves, are very apt to return.

To subdue the furious Paroxysms of this Malady, the same Method must be enjoined which I have above prescribed for the bilious Cholick; but if they are not violent, two Ounces of Infusion of *Hiera Picra*, or one Ounce of it mixed with one of Elixir *Salutis*, given going to Bed, mixed with twelve or fourteen Drops of liquid *Laudanum*, and a Grain of Opium given the Night following, will
common-

commonly be successful; and sometimes twenty or twenty-five Drops of *Laudanum*, without purging, taken in a cordial Liquor, will prevail, and ought to be as often repeated as occasion requires: but if a purging Medicine be directed first, the quieting one must always be taken the Night following, which is almost a general Rule after that Evacuation. But to protect the Patient against the severe and frequent Returns of these torturing Pains in the Stomach and Colon, commonly called the Gripes or Belly-ake, the following Method is adviseable, by which the relaxed System of the Nerves may be new braced and corroborated, and the too much expanded and fugitive Disposition of the Spirits may be contracted and drawn closer together, that so they may be able to resist the Irritation of acid and austere Particles, that like minute and pointed Goads or Lancets incite, enrage, and impell them into convulsive Contractions.

The Medicines prescribed for this purpose are numerous; but all that are of any Merit or Importance, are Steel, Chalybeate Waters and Opiates; and I have before set down how and in what Proportion these Remedies should be prescribed. And during this preservative Course, I
have

144 *Of the CHOLICK.*

have found by repeated Experience, when Vapours and conflicting Winds, enclosed in the Stomach and Intestines, murmur and shake the Abdomen, but do not yet arise to a raging Storm, that four or five Spoonfuls of good *Ufquebaugh*, of which a double Quantity is beneficial for the Gout in the Stomach, has, more than other cordial Liquors, composed the growing Disorder, and relieved the Sufferers: But Patients should be admonished not to make this a familiar Custom; nor when they have recourse to it, should they take above two Doses to ease the Gripes; for if two will not prevail, they must take the Method above set down for the Cure of a cholical Paroxysm.

For if Patients indulge themselves without Caution or Restraint, upon every Uneasiness in the Stomach and its Appendages, in the use of that generous Remedy, or of *Cogn* or *Holland Juniper-Water*, which is next to it in Vertue, or any Infusions or distilled Liquors, that consist of several active, spicy, and fiery Ingredients, which are commonly sold in Shops under the Name of Gripe-Waters, the Consequence will be dangerous; for by degrees they will subvert the Appetite, and deprave the digestive Faculty of the Stomach, fill the Liver with schirrous Tumours,

mours, or obstruct the Lungs with pernicious Knobs and Kernels.

Thus I have explained the Nature, and mentioned the Method of Cure of each sort of the Cholick, the bilious and nervous; but after all, if it be attentively considered, that they both consist in the irregular and violent Motions of the animal Spirits, and the convulsive Gripes and Distension of the Intestines; which Perturbations are effected in the first by the Incitement and Exagitation of bitter and acrimonious Juices, mixed with an inferior Portion of austere and eager, which in the last are as predominant as the cholerick Humours are in the first; if we reflect likewise that the Medicines and Method of Cure acknowledged as most prevalent in the one and the other, are almost the same, it may be difficult to determine whether they are two, or but one and the same Disease, with no greater Variation than accompanies a Fever that prevails this Autumn, and that which reigned two or three Years before; which is not another, but the same Distemper, appearing in another Shape, and under a Diversity of Symptoms; and therefore these two Cholicks differ chiefly, if not only, in Duration, as a Fever of forty Days, from one that ends in a Day or two.

L

This

This nervous Cholick rages in the most violent manner in the *American Indies*, at least in his Majesty's Dominions there, where, by the Contraction of the Fibres of the inferior Intestines, the Patients are so strictly bound, that the strongest Medicines often repeated will with much ado open the Passages; and after it has grievously afflicted the Patient for many Weeks, by a sudden Translation of the Matter of the Disease from the Abdomen to the outward Parts, it will introduce a partial Palsy, and then the Cholick Symptoms disappear. Many of these arrive in *England* from *Jamaica*, *Barbadoes*, and other Plantations, to be cured of this grievous Disease, which they call the dry Belly-ake, and if I remember right, the *Taws* or *Tawles*; and by the use of Steel Medicines, Chalybeate, or *Bath-Waters*, they are generally restored, at least in a good measure, to their former Health.

To recapitulate what I have said of the Nature of the Cholick in each Kind; if indeed they are distinct Diseases, and not the same as to all their essential Properties, the same Hypothesis accounts for the grievous, bilious, and the nervous or hysterick Cholick, that is, a delicate Texture of Nerves, and volatile and tender Constitution of Spirits, apt to receive convul-

convulsive Impressions from incongruous extimulating Juices lodged in the Intestines, or in the Cells and secret Repositories of any other Parts, whether in the Hypochondria, in the Places beneath or above the umbilical Region, and especially in the Mesentery, whose complicated Fibres and Clues of nervous Threads diffuse so many sensible Branches through almost all the Bowels and Contents of the Abdomen. These pungent, austere, acid and bitter Humours, vellicate, bite, and as it were wound the Membranes of the Intestines, sometimes in one part of the Belly, and sometimes in another; by which the Spirits are provoked, and become tumultuous, till the growing Tempest spreads; and rolling on through the Folds and winding Labyrinths of the Guts, afflicts and disturbs their Coats with insufferable Twinges and convulsive Gripes: and though the bilious Cholick is generally distinguished from the hysterick, as before mentioned; yet why the last, which will sometimes continue whole Months together, with a daily and copious Ejection by the Mouth of porraceous Fluids, called so from resembling the Juice of Leeks, which is nothing else but Gall, or yellow Choler turned green, by the Mixture of some Acid; why, I say,

148 *Of the Cholick.*

this Cholick, accompanied with such a prodigious Evacuation of Bile, should not be reputed bilious, I acknowledge I cannot conceive. Thus, as to their Nature or essential Properties, all Cholicks, as well of one Denomination as another, are Distempers of the convulsive Kind, and produced in the same Manner, and by the same Causes as Hypochondriacal and Hysterick Affections; and the Method of Cure, with little Variation, is alike, as well for removal of their violent Paroxysms, as for restoring the Firmness of the Spirits and relaxed Tone of the nervous Fibres, which is the surest Preservative against the Return; that is, Medicines of Steel, Chalybeate Waters, and Opium by its self, or in its various Preparations: And hence appears the great Similitude and Affinity between the Cholick, and Hypochondriacal and Hysterick Passions; and indeed the nervous Cholicks that are apt to return so often, seem rather, as I have said, a Symptom of that Disease, than one of a distinct Species.

The Relaxation and immoderate Wideness of the glandulous Kind, diffused through the whole human Fabrick, as well by letting pass an excessive Quantity of the Juices, which it was their Duty to have separated from the Blood in a certain

tain measure, as well as many other incongruous Fluids, which should not have been admitted, that afterwards provoke the Nerves, and exasperate the Spirits; by which they occasion great Distension of the Parts, or Spasms and painful convulsive Contractions, may justly, as I have shewn before, be allowed to be the genuine, universal, and adequate Cause of the Cholick, as well as Hypochondriacal and Hysterick Affections: And this will still be more confirmed, if we consider that the celebrated Medicines which I have named above, for their great Usefulness in these Distempers, are those that have in a good measure an astringent Quality; such as Steel, or the Salt of it, either by itself, or dissolved by Nature or Art in Spring-water, which contract and draw closer together the loose Orifices and Inlets of the Glands, and so recover their natural Tone and due Dimension; while Opium, the most effectual Astringent and Bridle of the Spirits, restrains their violent and inordinate Excursions, and reduces them to a sedate and composed State, fit for the regular Execution of their several Offices; by which means the Spring of cholical, as well as other nervous, convulsive Sufferings in the Stomach and Intestines, is cut off.

The Method I have laid down for the Cure of this Distemper, I acknowledge is plain and simple, unattended with Pomp and an endless Luxury of complicated Remedies, which rather distract and confound, than instruct the young Physician, while many unnecessary, and perhaps some hurtful Prescriptions, are mingled with the few that are beneficial; for instance, the numerous Forms of Clysters prescribed when the cholical Pains afflict the Abdomen above the Navel, and rage in the Ileon, the Hypochondria, and the Colon, are fruitless and unavailing; for while the peristaltick Motion is inverted, and the Stomach greatly affected, purging or opening Injections, not reaching the Parts affected, must, if they have any Operation, promote the irregular and infected Motion of the Spirits, and make all things regurgitate and tend more upward, and so contribute to greater Pain and more violent Vomiting. And as I have felt this my self by several Trials, so I have often observed the same Event in others; and therefore I have long since laid aside the use of Clysters in the Cholick, though I know it has been a constant and establish'd Custom to prescribe them in the first place in this Disease: and were they not hurtful, as I believe they are,

are, for the Reasons I have alledged; yet they are impertinent and needless, inasmuch as the Disease, by the Method before mentioned, is effectually conquered without them, and they only take up the Time which should be employed in attacking the Disease directly, and therefore with more Success. The Medicines that triumph over the furious Insults of the Cholick, when the Guts are rolled upward, and often entangled and contorted, must be such as, when taken into the Stomach, have Power to controul and restore the inverted Motion of the convulsed Intestines; and by forcing a Passage through, to recover their protrusive and vermicular Progression, which the Service of Nature necessarily requires. And that this may the more effectually be brought about, the opiate Medicines prescribed are mingled in a good Proportion with a quick purging Ingredient, to appease and quiet the Spirits, and still their convulsive Agitations for a time, that the Remedy may not presently be ejected; and that after the Opiate has made Nature more calm and easy, the purging Ingredient may exert its Force, and penetrate through the obstructed and implexed Intestines, by which means their natural Order may be retrieved. But if it happens, as it some-

times does, that the Pills above-mentioned, consisting of one purging and one quieting Remedy, should presently return by vomiting, let another Dose be given an Hour after; and if that likewise should be ejected, then let the Opium be given alone, and three or four Hours after let the purging Pills be given alone, and then they will generally stay and produce a good Effect, as I have often experienced.

But if this Method, duly followed, as above directed, should prove ineffectual, and the crucifying Pains and Vomitings continue without a Passage made downwards, the Patient must fly to purging Mineral Waters, as his last Refuge; which, notwithstanding they return, must be repeated and drank on till they have made their way; and after they have done their Duty, and wrought sufficiently, then a Grain of Opium, and eight or ten Drops of liquid *Laudanum* may be prescribed; and sooner, if the Patient should be much sunk and dispirited.

And notwithstanding attempering Liquors ingested, should return presently by vomiting, as not able soon to make their way, yet they should be continued for several Hours; for in obstinate Cases, where there is no Passage downwards through the Roads and winding Meanders of the

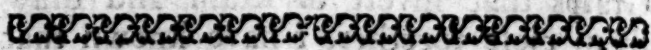
I

Intestines,

Of the CHOLICK. 153

Intestines, by reason of the convulsive Grasps that invert or strain and draw them close together, I have known that by drinking Mineral purging Waters for half a Day together, even to three or four Gallons, the obstructed Passes have at length been opened, and the Patient delivered from a stubborn Disease, that seemed deplorable: but this Method is to be followed when things are come to Extremity, and other Remedies which use to prevail, prove ineffectual.





Of MELANCHOLY.

THIS Disease is so nearly related to the Spleen, that it is called by some Hypochondriack Melancholy; and if in its distinct and abstract Idea it so resembles that Distemper, then while they are complicated in equal or unequal Proportions, the Similitude between them will be more conspicuous, by the inseparable Properties belonging to each.

The essential Notion of Melancholy consists in a weak, poor, and degenerate Constitution or Temperament of the animal Spirits, by which they are unable to expedite their reciprocal Flights to and from the Brain with due Vigour and Velocity; and while they are thus depraved and incapable of darting, like Rays of Light, through the Roads of the Nerves, they become unfit Ministers of Motion and sensitive Perception, and cannot perform their Duty in regular Order either abroad or within the Brain.

The Cause of this Debility and low impoverished State of the Spirits, can be
no

no other than the want of rich and generous Qualities in the Blood, from which they are separated, and as it were distilled by the Brain; for as flat and palled Liquors, whose Strength is evaporated, or which are mixed and diluted with too great a Proportion of insipid Fluids, cannot afford by Distillation a great Plenty of refined and exalted Spirits; in like manner a poor, lifeless, and unanimated Mass of Blood, sunk below Nature's Standard, for want of a sufficient Proportion of operative and generous Principles, can never communicate to the Head a wealthy Store of bright and elevated Spirits: so that the remote and antecedent genuine Cause of Melancholy must be charged on the low and depressed Condition of the Mass of Blood, inclined to Acidity, which was either in the original Formation of the *Stamina Vitæ* or Principles of Life, or was afterwards the Effect of various contingent Causes.

The Symptoms of this Disease are numerous, that either affect the Organs of the Body, or the Exercise of the intellectual Faculties. In the Brain it is accompanied with great Disturbance of the Imagination and Fancy, a continued and uninterrupted Flux or Train of Thoughts fixed upon one sad Object, from which
the

the Patient is unable to call them off, and transfer them to another; and therefore this is not what is called Contemplation, Study, or Deliberation, but unguided and restless Musing; and the Difference between them is this, that when a Man studies or meditates, he commands his Faculty of Thinking, and turns it from one thing to another; but in Musing a Man is governed by his own Thoughts, and unable to restrain or divert them to other Matters, but they are obstinately employed in poring on and revolving the same Images, sometimes in a more regular, and sometimes in a disorderly and incoherent Train, which return and are presented to the Imagination in a constant Rotation, like the Pictures painted on Cloth or Paper, and turned round by a Wheel, which Strollers carry as Shows from Town to Town, and expose for the Entertainment and Diversion of the meaner People. But it must be observed, that all the Images formed by a melancholy Imagination, are sad, dark, and frightful; while gay and delightful Objects are always shut out, or very seldom admitted to the Fancy and lighter Faculties of the Mind; for in regard to such Ideas, the Mind is under a total and lasting Eclipse.

By

Of MELANCHOLY. 157

By this, Melancholy is distinguished from Hypochondriack Affections; for Patients obnoxious to the last Distemper, though sometimes sad and pensive, yet have frequent lucid Intervals; and are not only in a chearful, facetious, and pleasant Humour, but are often carried on to so profuse a Pitch of Mirth and Gaiety, that by their too great Waste and Expence of Spirits, they soon after sink to a low, dull, and uncomfortable Temper. They differ likewise in this, that Hypochondriack Persons, though sometimes for a Season they are unfit for intense Studies, Contemplation or Business, while the Exercise of their Reason and Imagination is disabled and suspended, during some odd and whimsical Circumstances, when they start aside, and deviate from their usual regular Way of Thinking; yet for the most part, when their Disease is abstracted from all Complications of a melancholy Disposition, they discover great Abilities and Endowments of Mind; as a moderate Degree of the Gout, when free from all Conjunction of other Infirmities and Diseases, is often accompanied with superior Understanding, and a great Measure of Bodily Health. So if the Spleen is taken with the Limitations I have mentioned, one would not wish

158 Of MELANCHOLY.

wish to be deliver'd from this any more than from the other, since the Benefits arising from them over-balance all the Sufferings and Inconveniencies that attend them.

As the Thoughts of melancholy Persons usually dwell upon sad and gloomy Objects, so they generally pore and muse upon such as have been the ordinary Entertainment of their Minds before they fell into this distempered State; and therefore when the Imaginations of religious Persons receive a melancholy Turn, they are always taken up about the important Affairs that concern the Performance of their Duty here, and their Happiness hereafter; hence their Diffidence, Scruples and Fears concerning the Sincerity of their Faith and Repentance, and their everlasting State, are by their Distemper increased, even sometimes to so deep a Despondence and Self-condemnation, as borders on Despair. This the Atheist, Infidel, and loose Libertine, foolishly call superstitious Madness; and then offering Violence to Reason, and indulging a petulant, flagitious Humour, they reproach Religion as the Cause of this Effect, treating the Persons that profess and practise it, in Raillery and Ridicule: hence all pious and devout Men are by such accounted

counted only Hypochondriacal Enthusiasts, or whimsical Visionaries. But let these Contemners of Heaven, who are fond of all Occasions of bringing Dishonour and Contempt upon Religion, reflect, that as many Men express Zeal for Piety and Vertue, who however are entirely delivered from the Symptoms of this Disease, and have not in their Constitutions the least Infusion of Spleen and Vapours; so in Multitudes that fall under the Dominion of Melancholy, the Distemper does not always operate in this manner, nor turn their Thoughts and anxious Cares to religious Objects: but this chiefly, if not only, happens when the Patient, seized with these Disorders, was accustomed to divine Thoughts and spiritual Ideas before; and then it is but natural that a disturbed Imagination should chiefly entertain such Images, as were before well known, and had been long familiar to the Mind. And this falls out in almost all Instances of great Melancholy (while the unhappy Sufferers are more to be pitied than derided and exposed) and the Patients themselves and their Relations should be convinced, that such religious Melancholy is as much a bodily Disease, as any of another Class and a different Nature; and they must

must more depend upon the Art of the Physician, and the Force of Medicine, than the Skill and Reasonings of the Casuist, for their Recovery : for so fluctuating and unstable are their Minds, that though at this time they seem sedate and calm, yet in a few Hours the Clouds gather again ; the Brain is overcast with Darkness, and the same Anxiety, Scruples, Fears and Terrors return, and repossess the Mind. But perhaps I have pursued this Subject too far, though the Nature and Design of this Discourse led me to it.

This continual musing and turning of the Thoughts upon a Series of sad and afflictive Objects, as well as the lubricous, inconstant, and changeable Disposition of these Persons, must be accounted for from the continual Rotation of their restless and unquiet Spirits ; which though poor and weak, are still in a Hurry and perpetual Motion, though that Motion is confined to a narrow Compass. And as the Reason and Judgment of melancholy Persons are much subverted and disabled, who are not receptive of the Force and Light of the clearest and most convincing Arguments against their pre-conceived Opinions, but with an inflexible Obstinacy hold fast their erroneous Conclusions ;
or

or if they yield them up one Hour, yet resume them the next, and continually relapse into their former way of Thinking; so their Imagination is much injured and disturbed: and as I have said before, the Scenes they form and represent, are all mournful and uncomfortable, composed only of severe, sullen, and unpleasant Figures. Besides, it is observable to all, that they often entertain the most idle, absurd, and ridiculous Fancies; one believes he is unable to move Hand or Foot, and lies as if deprived of all Motive Power; another thinks his Nose is swollen to a prodigious Dimension; and though at great Distance, he believes it reaches to the Door, and hinders others from entering the Room. One Man has living Frogs in his Stomach, which he perceives, as he thinks, from their crawling and croaking there; another is as much disturbed with a Brood of young Chickens in his Belly, which he is persuaded are really there, by an Opinion that he hears their peculiar Noise, and feels their Motions. Some will by no means be convinced, but that they are entirely formed of Glass, and that by the next Knock or Jog on any solid Objects, they shall break all to pieces; while others are as much concerned to avoid

M

coming

coming near the Fire, for fear of being melted, being fully assured that they are made of Butter. One has believed himself to be Millet-Seed, another a Goose, or a Goose-Pye. And once a Man filled with Strong Drink, feared to render it by Urine, lest he should drown the World by a Deluge. And several Examples there have been of melancholy Persons, who have believed themselves to be actually dying, and imagined they were cold half way the Body; and of others, that took themselves to be really dead, and desired to be laid out, in order to their Funerals: and many of these incredible Examples of Melancholy I have my self seen, and the others are related by credible Authors.

But the History of these fanciful Persons is various and endless; and there is scarce any thing so extravagant and ridiculous, even to the greatest Admiration, that may not be found among the various Classes of these everlasting, but absurd and impertinent Thinkers, whose animal Spirits, vitiated and perverted, become unapt Instruments for the Operations of the Mind and Imagination.

As a melancholy Constitution of the Spirits is fruitful of a surprizing and copious Diversity of odd and ridiculous Phan-

Of MELANCHOLY. 163

Phantasms, and fills the Imagination with a thousand uncouth Figures, monstrous Appearances, and troublesome Illusions; so it is no less fertile in producing disquieting and restless Passions, while they affect the Heart with Anxiety, Sadness, Fear and Terror; which Perturbations, no less than those of the Mind and Imagination, seem the inseparable and distinguishing Concomitants of this Distemper: for notwithstanding in some very few brighter Seasons, when the dark and melancholy Clouds that overcast the Brain, are dispersed, these Patients may break out into short, extraordinary Fits of Mirth and Alacrity; however this seldom happens, and then too when there is a Mixture and Complication of a Hypochondriack or Hysterick Temperament with that, which is properly Melancholy; as when these Patients, through great Despondency and unsufferable Inquietude, discover Marks of a Design upon their own Lives, their Distemper exceeds its proper Nature and Extent, and has contracted a Degree of Lunacy. And indeed the Limits and Partitions that bound and discriminate the highest Hypochondriack and Hysterick Disorders, and Melancholy, Lunacy, and Phrenzy, are so nice, that it is not easy to distin-

M 2 guish

guish them, and set the Boundaries where one ends, and the other begins: however, continual Thoughtfulness upon the same Set of Objects always returning to the Mind, accompanied with the Passions of Sadness, Dejection, and Fear, seems to be the genuine and discriminating Idea of proper Melancholy.

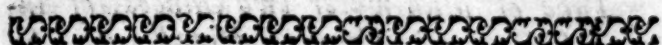
Now this Assertion, that a previous poor, and vappid Disposition of Blood, that cannot afford by the Mediation of the Strainers of the Brain a sufficient Stock of generous and volatile Spirits, is the antecedent Cause of this Disease, is likewise confirmed by this Observation, that the most successful Remedies in this case, are those that animate and invigorate the Mass of Blood, and inspire it with new enlivening Ferments; by which means the superior, active Principles are more exalted, and the passive prevented from being disproportioned and predominant; whence a greater Plenty of bright, swift, and vigorous Spirits, are imparted to the Brain, such as are capable of being proper Servants of the Mind, and suitable Instruments of the animal Powers; whence they are enabled to perform their Operations in a regular manner: and these are chiefly Steel by it self, or variously prepared by Art, or dissolved by Nature in
Waters

Of MELANCHOLY. 165

Waters issuing from Springs and Fountains; though other auxiliary Remedies may be taken in and joined with them, to strengthen them and increase their Force. If, as it often happens, these Diseases, founded in a disorderly and defective Constitution of the Nerves and Spirits, are blended with the Principles of one or more of the other Distempers before named, and accordingly participate of their Properties, and have various Symptoms in common with them; then it is a mixed and complicated Case, though the Denomination is given to the superior and predominant Power. Thus, as Hypochondriack or Hysterick Persons have often an Adhesion or Tincture of proper Melancholy, and sometimes of Distraction, and sometimes of both, and the Effects of these Mixtures are evidently discerned in them; so melancholy Patients are often diversified from one another, by a subordinate Measure of Lunacy, or the Spleen and Vapours combined with their original Principles. And true it is, there is often such an Absence of Mind, such Excursions and Starts from right Reason, and such an absurd, incoherent, and ridiculous Train of Thoughts and Actions, discernible in Men afflicted with this Disease, that all high Degrees of it seem to

have more than a Touch of Lunacy adhering to it; and it is notorious, that many celebrated Men of Wit, that derive their superior Genius from an Hypochondriacal Constitution, have sometimes Spirits elevated to a degree above the Standard of sober and uninfected Reason; whence proceeds that known Expression, *nullum magnum Ingenium sine mixtura dementiæ*; for the bright and active Disposition of animal Spirits, requisite to refined and elevated Parts, borders so close upon the Dominions of Lunacy, that an Excursion or Transition from the first to the last is by no means difficult, since one Heat of the Brain more, might have beat down the Inclosures, and laid their Territories in common, as before observed,





Of the METHOD of CURE.

Opening of a Vein is seldom to be prescribed to these Patients, whose Distemper proceeds from a low and impoverished State of Blood and animal Spirits; for that will be a means not to raise and enliven, but to enfeeble and sink them by a hurtful Expence.

Vomitive Remedies are generally useful, not only as they empty the Stomach and its Appendages, and carry off their noxious Crudities; but likewise by a strong Concussion, they compel the Glands of the Stomach, the Intestines, and other Organs in the Abdomen, to discharge the peccant Juices that harbour there; and by this means open and unlock their Obstructions, whence they execute their Office as the Oeconomy of Nature requires; but vomitive Remedies are yet farther beneficial, inasmuch as they agitate the Spirits, and by a Counter-motion, give another Turn to their Rotation in one constant Tract; and by that means occasion Diversity of Ideas, and strike out other Roads and ways of Thinking.

M 4

Tak:

Take of Milk-water two Ounces, of Infusion of Crocus Metallorum six Drachms, Oxymel of Squills an Ounce; mix it for a Vomit: aad to facilitate its Operation, drink a good quantity of Posset-drink, or of the Infusion of Carduus Leaves in Spring-water boiling-hot; and at Night take the following Draught:

Take of Milk-water two Ounces, two Scruples of Diascordium, half a Drachm of Gascoign's Powder, and three Drachms of the strongest Cinnamon-water.

Or, Take of the vomitive Indian Root half a Drachm, of Tartarum Emeticum two or three Grains, of Milk-water three Ounces; mix them, and take the Mixture in the Morning or Evening, drinking after it in half an Hour, if it does not operate before, the diluting Liquors before mentioned, or others of the like Nature. When the Operation is past, the Patient may be refreshed with a Cup or two of Red Wine mulled or burnt; and at Night going to Bed, take the Draught before prescribed.

Either

Of MELANCHOLY. 169

Either of these Vomits that best agrees, and best performs its Duty, may be repeated frequently, if they prove beneficial; and the Quantity must be increased, if the first is not strong enough.

As to alterative and correcting Medicines to restore the due Crasis and Temperament of the Blood, I have named the principal before, that is, Steel and Chalybeate Waters. I have above shewn, that as to its antecedent Cause, this Distemper arises from a Constitution of the Mass of Blood tending to Acidity, and grown poor and degenerated from such a Richness and Abundance of active and volatile Principles, as admitted into the Brain, and there refined and exalted, might afford a sufficient Plenty of Spirits, not only to be employed by the Mind and Imagination, but likewise to be sent abroad as suitable Messengers in the Service of the animal Government; being capable of flying swiftly through the minute Passages of the Nerves, and returning, when they have dispatched their Errands, with equal Celerity to the Brain. And therefore to raise, invigorate, and enrich the Mass of Blood, dispirited and fallen to decay, the Medicines I have named are to be used, as those that chiefly procure this End; not that they are all to be taken at a time,

Take

Take of Mynsicht's Tincture of Mars twenty Drops in a Draught of White-wine, mixed with Spring-water or Milk-water, or any other convenient Liquor, every Morning, and about Five in the Afternoon, for a Fortnight.

Then take of Chalybeate Wine a Spoonful and a half or two Spoonfuls in the same Liquors, or in a Draught of Chalybeate Mineral Waters in the same manner; or take the following Prescription.

Take of the Tops of Roman Wormwood, of Leaves of Germander, each a Pugil, or Root of Gentian and Virginian Snakeweed, each a Drachm; of Seeds of Coriander and Rbue each a Drachm and half; infuse them all in a sufficient quantity of boiling Water, and add to it, when strained, half a Pint of Chalybeate Wine, and two Drachms of Mynsicht's Tincture of Mars; take of it six or seven Spoonfuls every Morning, and about Five in the Afternoon, for a Month.

Or, Take of the Conserve of Roman Wormwood and the Pulp of candied Citron Peel, or the Conserve of Orange Peel, each an Ounce; of candied Nutmegs a Drachm and half, of Virginian Snake-

Of MELANCHOLY. 171

Snakeweed a Drachm, of Salt of Wormwood a Drachm and half, of Steel prepared with Sulphur or Tartar, two Drachms, of Syrup of Compound Piony, or Clove Gilliflowers, as much as will make an Electuary; take the quantity of a Chestnut each Morning and Afternoon, drinking after it a Cup or two of Sage-Tea, for a Month.

As to Chalybeate Mineral Waters, let them be taken as above directed in the Method of Cure in Hypochondriacal Affections; and it will be very proper to take in the first Glass in the Morning, and in that in the Afternoon twenty of the Steel Drops; or let six or seven Spoonfulls of the Chalybeate Tincture be drunk first in the Morning, and after it take a Glass of *Spaw* or *Tunbridge*, or other Steel Waters; and interposing half an Hour between each Draught, two or three Glasses more, and repeat the Tincture in the Afternoon, drinking only one Glass after it: and in the same manner the Chalybeate Waters may be drunk after a Dose of the Electuary before prescribed; and if the Patient cannot take Medicines in that Form, let them be administred in the Form of Pills; as thus;

Take

Take of Myrrh, Extract of Gentian, each a Drachm and half; of Castor a Drachm, of Saffron and Seeds of Rbue each half a Drachm, of Steel prepared with Tartar, and the Salt of Steel, each a Drachm; make it into Pills with the Mucilage of Gum Tragacanth, or the Balsamick Syrup; take four Pills each Morning, and as many in the Afternoon, drinking the Steel Waters after them.

Yet it must be acknowledged, that in many Cases of this kind the Steel unprepared, and only ground to a fine Powder, with Sugar-Candy, is more prevalent and effectual, than when the Body of it is opened by Art.

If the Patient, during the use of these Medicines, is too much bound, let him take going to-Bed *twenty-five Grains of Pilul. Stom. cum Gum. or Pil. Ruffi, omitting the other Medicines the next Day.*

Vomitive Remedies are the most efficacious in this Distemper, as suggested before, and should be often repeated after due Intervals, and the Dose increased according

Of MELANCHOLY. 173

cording to the degree of Operation, beginning low. And Purgatives are likewise beneficial, nor do I think that such are to be preferred before others, that have a Reputation, but without Cause, of being Alteratives and Correctors of melancholy Humours, as well as Purges: for it is absurd to range such Remedies, which presently work off, among those called specifick. Nor is there any elective Power in such evacuating Medicines, to single out and fasten upon any one Juice more than another; since they can do nothing, but by stimulating the Stomach and Intestines, oblige them to discharge promiscuously their Contents: And therefore I disregard the numerous operose Forms of purging Medicines relating to this Disease, that fill the Pages of many laborious Systematical Writers of Physick, and shall only mention two Recipes.

Take of Leaves of Senna three Drachms, of Tamarinds an Ounce; boil them in Spring-water to three Ounces, strain it, and add of Manna half an Ounce, Syrup of Buckthorn an Ounce, of Compound Piony or Hysterick Water three Drachms; make a Draught, to be taken early in the Morning; and at Night after its Operation, take two Scruples

Scruples of Venice-Treacle going to Bed. When this is repeated, as now and then it ought to be, let the Dose be increased or lessened according to the degree of its Operation, so that it may move the Patient about eight or nine times.

Or, Take of Pilul. Coch. Maj. twenty-five Grains, of Calomel fifteen Grains, of Resin of Jalap seven or eight Grains, with Gum Ammoniac dissolved; make four Pills, to be given in the Morning with due Government; and at Night going to-Bed take the same Proportion of Venice-Treacle before mentioned, and when the Pills are repeated, augment the Dose, if the former should be defective in its Duty.

Copious eating of good Apples has been to some very serviceable; and the Benefit of agreeable Diversions, especially riding on Horseback, new Company, Change of Place, and Variety of Objects, that recreate the Spirits, and give them another Turn, is known so well to all, that I have only named them.

As to Opiate Medicines, they are here at best insignificant and unavailing; while, though given in a proper quantity, they rather exasperate and provoke, than compose

pose the Spirits, and introduce Rest. It is true, that this quieting Medicine takes place in Hypochondriack and Hysterick Inquietude, and scorbutick Pains of the Limbs, and the Torments of the Gout, Stone and Cholick; in which Cases it has great Effect, and delivers the Patient from the Rack: But it must be considered that in such cases the Spirits are too much agitated and expanded, and by being clogged or contracted into a narrow Compass, they become less volatile and active, and therefore not so liable to receive such painful Impressions from the Instigation of noxious Humours; while this friendly Confinement and pleasing Stupor that the Opiate lays the Spirits under, blunts their perceptive Faculty to that degree, that they not only grow less sensible of Pain, but are likewise soothed and lulled into refreshing Sleep. But now the Case of melancholy Persons is much otherwise, for in those the animal Spirits are so far from being too volatile and diffused to an excessive Compass, that they are heavy and dull; and so far from being refined and exalted to an immoderate Height, so as to be capable of irradiating the Nerves with too much Light and Vigour, and communicating convulsive Force to the Parts at the greatest Distance, that they rather

rather appear benumbed and senseless; and though, like the Spirits distilled from acid Minerals, they are restless, yet their Motions are always in a Round of a short Compass, and are not subject to the Dominion of the Mind. Now, should they be reduced by the Charms of Opium, they would still be confined to a narrower Sphere, which was too strait before, and so become yet more unfit Instruments for their natural Functions: But, as said before, when an Opiate is prescribed after the Operation of purgative and vomiting Medicines, it should be given under the Protection of generous and cordial Remedies.

Since a low, depauperated Constitution of Blood is the principal Cause of this Distemper, not only Medicines that impart Vigor and Activity, by elevating and restoring the nobler Principles, in this case over-balanced and depressed, but likewise Meats and Drinks, that enrich and comfort the Blood, and supply it with Plenty of wholesome Juices, should be likewise prescribed: and therefore a moderate degree of generous Wine, as it exhilarates the Spirits, promotes the Business of Digestion, and conveys Heat to the Veins, and facilitates the Circulation of their Contents, should always be indulged to melancholy Persons.

Of MELANCHOLY. 177

And since it is likewise highly probable that in such Cases acid or austere Fluids are separated from the Blood, and abound in the various Bowels, it must be allowed that fixed and volatile Salts are very useful; such as Salt of Wormwood, Tartar, volatile Salt of Amber, Hartshorn, &c. and all sorts of absorbing, testaceous Powders, such as red Coral, Crab's Claws, Pearl, and for the same Reason Chalk finely powdered, are beneficial.



Of the P A L S Y.

TO a healthful State of Body is required a just Temperament of all the fluid Parts, as well as a regular Order, Connexion and Tone of the solid; by which means the various Organs of the living Fabrick, by performing all their Offices with due Subordination and Harmony, are effectually subservient to Nature's Oeconomy: and therefore every Error or Deviation from the fundamental Constitution of the animal Government being a Breach of the Symmetry and Order of the vital Administration; and by that means the Cause of seditious, intestine Tumults, is justly called a Distemper or Disease. And as this is true in general, so it is very conspicuous in the Palsy, which is an Aberration from the native Temper and Disposition of the animal Spirits, and the System of the Nerves, in a manner peculiar to this Malady; the Idea of which consists in a Deprivation or Diminution of the Spirits, and the Relaxation or Obstruction of the nervous Fibres;

Fibres; whence the ready Flux and Irradiation of the Spirits is intercepted, and in some measure eclipsed; by which means the voluntary Motion of the Limbs is lessened, or totally suspended, and the sensitive Faculty much abated or quite benumbed. For if the Brain, grown poor and indigent, is not furnished with a sufficient Plenty of pure and refined Spirits; which, at the Command of the Mind or Imagination, may alternately dart from the Head, and rebound thither through the nervous Passages, upon all the Errands and Negotiations of Life; or if they are so stopped and arrested in their Flights, that they cannot advance farther, nor perfectly execute the Messages they were sent about, the essential Properties of the Palsy will appear in the Defect of muscular Motion and Sensation.

First in defect of Motion; which comes to pass, if the muscular Fibres have lost their native Tension, and are become so flaccid and feeble, that they are disabled from performing their Duty; that is, they cannot, like the Strings of musical Instruments, when not extended beyond Nature's Staple, return of themselves; and by their own Spring and Motion of Restitution, recover their regular Disposition. And if this Power is lost, a Palsy

must immediately follow; as it is plain to all, who contemplate the Nature of muscular Motion, that requires a due Mixture of Firmness and Flexibility in the nervous Threads, and a Readiness by turns to swell and vibrate by the Influx of the Spirits; and such a Stretch of the Muscles as does not exceed Nature's Standard, but is capable of springing back, and of being accommodated to the reciprocal Duty of Extension and Contraction necessary to Nature's Service. And since the Aid of the animal Spirits is absolutely required, as the first Movers in this case, if we suppose that their Flights and Excursions from their Fountain to the distant Organs of the Body, should be interrupted or prevented by the Relaxation of the Fibres, or the obstructed Pores or ruined Road of the Nerves, the Parts to which they were directed being defrauded of their Influence, their Motion must, according to the degree of such Hindrances, be weakened or wholly abolished; while however the vital and involuntary Emanations of the Spirits into the Breast and Bowels may be preserved without Interruption or Diminution.

It is owing to the depraved and degenerate State of the Spirits, that is, their Weakness and Penury, or the Oppression
of

of inordinate and noxious Particles adhering to them, that thus become unable to perform their Duty of Sensation, as well as to the Dulness and Flaccidity of the Nerves, that in paralytick Cases the want of Motion is accompanied with Numbness and Defect of Feeling; for while the Spirits, the Instruments of Sense, are interrupted and detained by a torpid Impotence in the weak or obstructed Muscles, they are unable to reflect to their Fountains, and carry with them the Impressions they received from outward Objects to the Brain, where all Perception is transacted, that being the Seat of the first Principle of Sensation, and the Residence of the Judge and Arbiter; to which, by the Mediation of the Spirits, all the external Pulses made upon the Organs of Feeling, as well as of the other Senses, are communicated. So that if the Spirits, the Instruments and Messengers employed in the animal Regimen, to convey to the *Sensorium* in the Head the Characters imprinted upon them by the touch of outward Objects, are hindered from performing this Duty, all Perception, as to that Part, is cut off. To illustrate this, let it be observed, if one leans a-while his Elbow on a hard place, by that Pressure the Paths of the Spirits

in the Nerves are so closed and shut up, that their further Influx is for a Season stopped; whence the Arm becomes stupefied and insensible, till the Spirits by degrees with an uneasy tingling Effort open their Passages, and again irradiate the Arm and Hand. In like manner, when from internal Causes the Muscles of any Part are deprived of their Communication of the Spirits, that Limb seems a lifeless, unanimated heavy Lump; while the Spirits, that used to watch in the Frontier of the Body, are disabled from carrying any Intelligence to the Brain, or giving any notice of what Impressions are made on the Organs by outward Objects.

Notwithstanding it is evident, whatever some Philosophers have imagined, that Perception or sensitive Judgment is the Prerogative of the Head, where the animal Spirits are convened, yet in what Part of it the *Sensorium*, in which the animal Soul presides, is situated, is a Secret not yet unfolded: But it is an evident Deduction from its Operations, that this sensitive Principle is incorporeal; for Body, as such, is not sensible, since Matter may be conceived without Sensation, which does by no means contain in its essential abstract Idea, such a perceptive

tive Property. And if Matter, as such, has no such discerning Principle, then should it be reduced to the minutest Atoms, and by any Force be impressed, agitated, and put into the most rapid Motion, either direct, oblique, or circular; or should the various Parts be compelled by their impulsive Force to act upon one another by various Rencounters and Collisions, or should they be ranged in any determinate Order or Method, or enter into any Mixtures or Combinations that can be imagined, or reside in any organical Parts whatsoever, all this will be utterly ineffectual to give to Matter a sensitive Principle, which it has not in it self; for Rarefaction or Expansion, Celerity or Variety of Motion, mutual Collisions, Order and Disposition, cannot impart to Matter what they have not themselves to give; that is, a sensitive Power, which is a simple Principle, and not a confused Aggregate of Modifications.

To return from this Digression, the full Discussion of which would take up a whole Treatise. By what has been alleged, it is evident that a Palsy, which is a Loss or Suspension of muscular Motion, with an Abatement of sensitive Perception, proceeds from the Relaxation of the Nerves, and the Poverty and Weak-

ness of the Spirits themselves, or from the Obstruction of the nervous Threads, by some irregular and hurtful Matter admitted into them, or by some disorderly Parts intimately combined with the Spirits, whence arise various Distinctions of this Distemper.

Of the different sorts of PALSIES, and their different CAUSES,

Palsies are either universal or partial; and the partial are sub-divided into those that affect the greatest Part of the Limbs, and that affect only one or but few. They are likewise external or internal; the first disable the Limbs, or outward Parts of the Body; the last affect some particular internal Organ: for example, the Gullet, Stomach, Intestines, &c. and these shall be spoken to at the latter end of this Discourse. Palsies are likewise divided into simple and uncompounded, or mixed and complicated with other chronical or acute Distempers, as shall be shewn afterwards.

This Distemper, that, as I have said above, is a Relaxation of the Tendons or Muscles employed in Motion, is sometimes introduced by Hysterick and Hypochondriack Affections, by a scorbutick Habit,

bit, or Epileptick Fits. For what is commonly called a Hemiplegia, or a Paraplegia, or a dead Palsy, that follows an apoplectick Fit, seems rather a Species of an Apoplexy, than a distinct Disease. It is evident, that in the highest Degree of an Apoplexy the animal Spirits inhabiting the Brain, are the primary Subject of that Disease; which being oppressed, imprisoned, and confined to the Head by the sudden Irruption and Assault of a stupifying Matter, can no longer take their Flights from the Brain, nor keep up their Commerce or Correspondence with the distant Organs of Motion. But if, as it often happens, the noxious Humour that benumbs, involves, and muffles the Spirits, is not of a sufficiently malignant Quality, or in so great a Proportion, as to overwhelm and sink the Spirits, and so make a Settlement in the Brain; then, like a Gas, or poisonous Steam, it passes swiftly through the Paths and Traces there; and entering into the Orifices of the Nerves, stifles with its narcotick Influence the Spirits residing in them; whose Motion being thus intercepted, a Palsy succeeds in all the Muscles to which those Nerves use to send, by their various Branches, their active Messengers. Sometimes this narcotick Shade passing through
only

only one Lobe of the Brain, occasions a particular Eclipse, and takes off the motive Faculty of one side only; and then the Eye of that side is weakened, and suffers by the Relaxation of the *Glandula Lacrymalis*, the Muscles of the Cheek are in a State of Laxness or Resolution, unable to perform their Duty by drawing with equal Force, and so balancing the Muscles of the opposite Cheek; whence the Mouth is distorted or drawn aside; at this time, the Tongue, being in part benumbed and torpid, is unable to form distinct Expressions; and sometimes when the Mind directs and intends one Word, the Patient, by an involuntary Error, shall chuse another, while he himself is conscious that he speaks another thing from that which he designed; which seems to arise from this, that the Traces of the Nerves in the Tongue being defaced and closed up, the Spirits that do Duty in that Organ, though directed to one Part, finding those Avenues shut up, are compelled to go into those that are not obstructed, but left open to them. Palsies of this sort that follow an apoplectick Fit, differ in degree; sometimes they disable only one Part, sometimes one whole Side, and with it sometimes half of the other; and sometimes they affect

affect the whole Fabrick, by relaxing all the Muscles that are instrumental in voluntary Motion; whence the Patient is sometimes unable to speak with perfect and distinct Accent, and sometimes remains entirely speechless: But at other times a slight and transient apoplectick Stroke spreads a paralytick Disposition upon the Spirits, when the muscular Motion is weakened only, but not oppressed; in such a Case the Spirits seem to be injured by a noxious Afflatus, and by that Impression are so enfeebled and disordered, that they imperfectly serve the Mind and Imagination in forming Ideas, and in going abroad on their Messages; and from this Debility and Tenderness of the Spirits, beat down and much disabled by the apoplectick Force, it comes to pass that the Patient is subject to weak and unmanly Passions, expressed by various Ways of Complaint, but especially by Tears; and such is their Facility and Readiness to weep, that upon all Emotions and Impressions of outward Objects the serous Flood gushes through the Strainers or Sluices of the Eyes, called *Glandulae Lacrymales*, which chiefly and eminently in these Persons are relaxed or dilated; and this Evacuation is so involuntary, that when the Patient would be pleasant,

pleasant, and intends to laugh or express Satisfaction and Joy, he, against his Design, will break out into a Fit of Crying; and though the unhappy Person moves, eats, drinks, and sleeps, and has a healthful Aspect; yet his Understanding, Memory, and Imagination, are such great Sufferers, that he is no longer useful in his Generation, but often a great Object of Compassion; while fine and elevated Parts are effaced, and the Animal (uncomfortable State!) survives the Man; which is a Condition of Life more sad and calamitous than Death it self. This is the mildest sort of Palsy that follows an apoplectick Stroke, which after various Turns, generally terminates in that fatal Disease: and this ought to have been spoken to before those Degrees mentioned above.

The second Sort, which perhaps is the only true Palsy, depends not upon a Resolution of the muscular and tendonous Fibres, by any incongruous and peccant Matter exploded or transmitted from the Brain, as in the sudden Paroxysms above-mentioned, but arises from internal or external Causes, that chiefly affect the muscular Fibres of any of the organical Parts employed in Motion; while the sensitive Faculty is not much injured. The flaccid State, or Loss of due Tension
in

in the nervous Threads, rises frequently from Hypochondriacal and Hysterick Paroxysms, that by degrees so far enfeeble and relax them, that they are unable to execute their native Office, having lost the springy Power of Restitution, whence a paralytick Incapacity ensues in that Member; and therefore this partial Palsy is rather a Symptom of those Distempers, than a distinct Disease. In like manner this Inability of Motion in some Parts will accompany a scorbutick Habit of Body in a high degree, and is introduced by the Poverty of Spirits, or Debility of the Muscles and Tendons, occasioned by the hurtful Materials of that complicated Distemper; which produce Aches, Pains, and at length a Torpor and Trembling in the Parts affected; neither do these Sufferings discover a distinct Disease, but are properly a Part of the numerous Train of Symptoms that attend that various Disease, if indeed it merits a different Denomination, and is not only a Complication of other Distempers not yet ripe enough to be called by their genuine Name, as I have above suggested.

These Palsies that proceed not from an apoplectick Gase or Afflatus passing from the Head into the System of the Nerves, are either partial, yet in different degrees,
or

or total; those in a lower degree affect sometimes one Hand or Arm, or one Leg or Thigh, and which are sometimes however attended with a general Debility or Coldness in that side, and at other times affect the Muscles of the Hands; sometimes only those of the Neck, whence the Hands and Head shall tremble and shake for many Years, without any considerable Suffering or Decay. This proceeds not from any noxious Matter transmitted through the Brain, as in paraplectick or hemiplectick Cases, but generally from some incongruous Matter deposited and fixed upon the Muscles and Tendons of those Parts; by which they are enfeebled and incapacitated for regular and ready Motion; but often there happens a general Resolution of the Muscles, accompanied with a great Atrophy or Defect of Nourishment; and though these Patients are not deprived of all Motion, yet they are so feeble and emaciated, that without the Support of Crutches they are unable to stir, and then too but very poorly.

Though Palsies chiefly proceed from internal, yet they sometimes arise from external Causes: for instance, a Wound, a Bruise, a Fall, or great Blow, that efface and destroy the nervous Tracts, by which the Roads and Avenues to the muscu-

muscular and membraneous Fibres are stopped, and the Communication and Intercourse of the animal Spirits are diminished or cut off; which being thus defrauded of their Influence and Emanations, that are absolutely necessary to animal Motion, they become empty, unbraced and flaccid, that is, paralytick.

As sometimes Bruises by Falls, or projected ponderous Matter, which injure and weaken the Tendons and Muscles, as Weapons by cutting them asunder, quite destroy their organical Use, and occasion this Distemper; so sometimes the breaking, or Dislocation of a Bone, will produce it; as particularly, the displacing of the lower Vertebrae of the Back in Children, whether from an external or internal Cause, when from the Distortion of the Joint the Bone bears upon the *Medulla Spinalis*, or the Orifice of the Nerves issuing thence, by which the Irradiation or Influx of the Spirits is cut off; and the inferior Limbs being defrauded of their animal Supplies, grow feeble and unactive, and apparently wither and shrink away; by which it likewise appears, that the refined Juices conveyed by the Nerves are greatly interested in the Business of Nutrition.

Some-

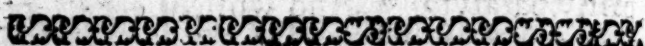
Sometimes this Distemper is occasioned by taking Cold, either when a Person too thinly cloathed is exposed to sharp and severe Blasts of Air, or the Rigor and Inclemency of hard Winters; for the muscular and membranaceous Threads, unable to resist the violent Assaults of such Invaders, lose their Firmness, and grow so slack and loose, that they can no longer exert their motive Power. Frequent Instances occur of Persons that have felt their Limbs grow not only unactive and benumbed with severe Cold, but the fleshy Parts have been eaten in and corroded to such a degree, that sometimes a cutaneous, and sometimes a deeper Mortification has followed, while the pungent and biting Particles of Air act the Part of a Caustery, and burn the Flesh like Fire: And this, as I am informed, often happens to those that travel with their Faces unguarded through the Snows of *Russia*.

Sometimes a Palsy proceeds from long, continued Labour, which spends and wears by degrees the connected Materials of the animal Machine. And it is no wonder that active Husbandmen and Mechanicks should by repeated Toil weaken and relax the muscular Fibres, till in a great measure they lose their Tension and reactive Spring, and so contract an Incapacity

capacity of Motion: for we see that the human Structure will sink and decay in some Persons meerly by Time and advanced Years; while by the long use of the Limbs in performing only their natural Offices, together with the Aches, Pains, and Infirmities of old Age, the muscular and tendonous Fibres are much impaired, if not wholly worn away. Such is the delicate Mechanism and Conformation of the various Parts, that if the living Fabrick be not attacked and ruined by outward Violence, yet will its several Organs, by constant Use and Employment, by degrees grow feeble, and be disposed to paralytick Symptoms; much more then will this be effected, if great Pains and immoderate Toil have long exercised the Muscles and exhausted the Spirits, which is often followed by a Resolution or Flaccidity of the Parts.

Violent Motion of the Limbs will likewise disable the Muscle or Ligament it employs. Thus sometimes an active Tumbler, by exerting extraordinary Force, has snapped in two the Tendon of a Muscle in his Leg, or many of its Threads; or at least has so strained and stretched it beyond Nature's Staple, that its elastick Power being destroyed, and the Part being unable to restore its self, and recover
O its

its former Position, the motive Faculty has been wholly lost.



Of the METHOD of CURE.

AND first, of the Disease vulgarly called the Dead Palsy, I mean an Hemiplexia or Hemiplegia. If the specific Matter of an Apoplexy continues fixed in the Brain, and by stupifying, stifling, or blasting the animal Spirits residing there, suppresses the exercise of the Organs of Sense and Motion, that Disease is then wholly confined to its proper Limits, and distinguished from other Distempers that affect the Spirits and the Nerves. But sometimes a great Part of the noxious Humour, after its Invasion of the Head, makes its way to the Mouths of the Nerves implanted there; and insinuates it self into their various Branches dispersed over the Body, and by their opposite destructive Quality, suspend or destroy the motive Energy of the Spirits, that have their Abode in them, and then the Disease is divided; and while a great Part of the hurtful Matter is detained

and confined in the Brain; and a great Part is communicated to the Members of the Body, it is partly apoplectick, and partly paralytick: And while the Patient is in this State, he remains in great Danger, by reason of the several important Symptoms that affect the Head, while the peccant Humour still possesses it in a considerable degree. But when this stupifying Humour entirely leaves the Head, and is discharged upon the Nerves, and distributed to the Organs of Motion and Sensation, it is denominated a Hemiplegia, if it seizes only one Side; or a total Palsy, if it affects both; though sometimes it must be acknowledged, it disables only some Parts of one Side, and sometimes the whole, and half of the other.

In these Cases letting Blood from the Arm to ten or twelve Ounces, as the Patient's Pulse will bear, is very adviseable: for this sort of Palsy arising from the apoplectick Humour propagated and transferred from the Region of the Brain to the Muscles and Tendons of the Limbs affected, the Veins being emptied in some measure by copious Bleeding, will, to replenish themselves, suck up and take into their Cavities the Matter of the Disease, if the Evacuation is quickly performed,

before it is settled and fixed in the Parts on which it is cast and deposited. And this Effect we see produced in slighter apoplectick Fits; for when a Vein is speedily opened e'er yet the Distemper has by delay taken deep Root, and entered far into the Cells and Pores of the Brain, the Disease is usually removed; and the Benefit of letting Blood in particular Cases I have often experienced. It is therefore a great Mistake, when Physicians forbid Bleeding in this Distemper, because of the Weakness of the Patient; for what if the Limbs are weak, the Pulse is not so, but will bear the Evacuation, and that to great Advantage, as I have found by repeated Trials.

Vesicatories, or blistering Plaisters applied to the Neck, and Arms and Legs of the paralytick Side, are likewise beneficial; while by their active Particles they stimulate and provoke the muscular Fibres, and rouse and animate the stupified Spirits, and so enable them to shake off the adhering Matter that benumbs them: And in this Sense they are chiefly serviceable, and not by the small Discharge they make by the Vesications or Bladders, caused by their Force in the Surface of the Limbs; and as the Blisters become dry, and begin to heal, others should be raised in fresh places,

places, that the Nerves may be continually vellicated, and the Spirits disturbed and provoked to awaken, and put themselves into Motion, till the Symptoms begin to abate, and the Patient is in prospect of Recovery.

But no Evacuation is more eminently useful than Purging in paralytick Cases; and the following I like as well as any.

Take of Tinctura Sacra two Ounces, Syrup of Buckthorn one Ounce, compound Spirit of Lavender twenty Drops; make it a Draught, to be taken at Night going to Bed, and let it be repeated, interposing three Days, for three times. If the Patient has sufficient quantity of Strength to undergo stronger Medicines, he may take the following Pills.

Take of Pil. Coch. Maj. a Scruple, and eight or ten Grains of Pil. ex duobus, made into four Pills for one Dose.

Or, Take of Pil. Fetid. min. twenty Grains, of Extractum Rudij ten Grains; make it into the same number of Pills: and the Strength of the Medicine the second time may be either increased or diminished, according to the degrees of their Operation.

In these Cases it often happens that after the Patient has lain some Days sluggish and sleepy, his Spirits will on the other hand become too active and volatile; whence he is thrown on the other Extreme, and grows restless and obstinately wakeful: and in this State of Inquietude opiate Remedies are not only allowable, but necessary. I am apprized, that many are deterred from prescribing quieting Medicines in a Palsy, lest they should sink and depress the Strength of the Patient, too low and feeble before. But this is their Error, and their Fear is groundless: for first, the Vigor of the Sufferer will be much more wasted and abated by long Wakefulness and restless Turnings and Agitations, than it can be by the Operation of Opiates, if any such Effect should follow. But it is not true, that those Remedies are attended with any such Consequence; on the contrary, by restraining, calming, and fixing the animal Spirits, too much inflamed and expanded, and by this means introducing comfortable Sleep, they at once give Tranquillity and Strength to the Patient. For who does not know that Quiet is the Cure of Inquietude, and that Sleep, after it has been long wanting, is the great Restorer of Strength and Serenity of Temper?

Temper? When Opiate, given judiciously in respect of the Season of giving it; that is, when violent Pain and invincible Wakefulness require it; and the quantity of the Medicine, no Inconvenience can attend it that over-balances the Benefit it affords. And in this case, when either contumacious Indisposition to Sleep, or a stubborn Hickcough prevails, as well as in many other Instances, I have for many Years prescribed it with good Success, and repeated it often, till the Symptoms yielded to its Force. And it is therefore surprizing, that any Gentlemen of the Faculty should lye under such an invincible Prejudice to the use of this Remedy, and that upon the account of such odd, dark, and unintelligible Reasons as these, That Opiates tye up the Humours in the Blood, fix the noxious Matter in the Nerves, distract and confound the Brain, and make the Head dull and muddy: But if this last Complaint be an Effect of it; one would be tempted to think that the Objectors had taken more of it themselves than they are willing to acknowledge. But I have discoursed of this Subject largely before, where I spake of the Cure of Hypochondriacal Affections, and I have there answered the Objections made by many against this not only inno-

cent, but useful Medicine; though I allow it is accompanied with Inconveniences, and that it is an Edge-tool, not to be trusted in an unskilful Hand,

As to alterative Medicines, they are internal or external; the internal may be given in the Form of Pills or Electuaries.

Take of Myrrh, Galbanum, Extract of Gentian, each a Drachm; of Salt of Amber two Scruples, Saffron a Scruple, of Salt of Steel, or Steel prepared with Tartar, a Drachm and half, of Gum Ammoniac dissolved a quantity sufficient; make all into Pills of a moderate size, and take four every Morning and Afternoon, drinking after it a Glass of Penyroyal Tea.

Or thus, Take of Conserve of Orange, or Citron Peel, an Ounce, and of Rosemary Flowers an Ounce, of Trochisks of Myrrh two Drachms, of candied Nutmegs and Ginger each a Drachm and half, of Powder of Vipers, of volatile Salt, of Hartshorn, each a Drachm, and of compound Syrup of Piony as much as is sufficient, and make an Electuary; take the quantity of a large Nutmeg every Morning and Afternoon, and drink after it a Cup of Penyroyal or Sage-Tea.

Or, Take of Conserve of Roman Worm-wood two Ounces, of Virginian Snake-root a Drachm, Trochisks of Myrrh, Steel prepared with Tartar, each two Drachms, Syrup of candied Nutmegs a quantity sufficient; make it an Electuary, to be taken as that before.

A quarter of a Pint of Viper Wine in the Morning and Afternoon daily by it self, or after the first Electuary set down, or after the Pills, without Steel, is very proper for this purpose; rectified Spirit of Hartshorn, Tincture of Castor, Tincture of Assafætida, Compound Spirit of Lavender, Spirit of Sal Ammoniac succinated, &c. taken by themselves to thirty Drops a Day, in any convenient Liquor, or mixed with one another, are very proper; for it is certain, the most generous, active and penetrating Remedies, must be employed in these Cases, as well to open the obstructed nervous Passages, as to enliven and rouse by their Instigation the oppressed Spirits; and so enable them to irradiate the Muscles, and make their reciprocal Flights in regular Order, and with due Celerity.

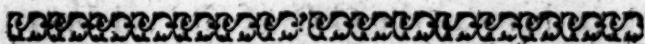
As to external Remedies, excepting Blisters, in paralytick Cases that are derived

rived from an apoplectick Infult on the Brain, as before-mentioned, I never observed they were of any considerable use; though I acknowledge that in some partial Palsies arising from other Causes, especially external Injuries, they are often beneficial; of the Cure of which I shall afterwards discourse.

It is very common, as before mentioned, that Hypochondriacal and Hysterick Affections, by exhausting the Spirits and slackening the Nerves, introduce a paralytick Disposition in some of the Limbs, as sometimes, though rarely, they terminate in an Apoplexy or Hemiplegia: But in none of these Cases are external Remedies of any value. And therefore the Physician will be obliged to have recourse to those Methods and Medicines that are most prevalent in the Distempers named, of which the paralytick Complaints seem only the Symptoms. And thus by laying the Axe to the Root, the Branches will quickly fall, and the most efficacious Remedies in the original Distempers I have above set down, at least such as I have found to be so in the Course of my Practice: and those Palsies that are judged to arise from a scorbutick Habit, will likewise be most successfully removed by anti-scorbutick Medicines,

But

But as to those that proceed from external Violence, Bruises, and crushing of Limbs, catching Cold, Falls, or Dislocation of the Bones, rigorous Seasons; in such cases topical Remedies are often very useful, when skilfully applied; such as Queen of *Hungary's* Water, compound Spirit of Lavender, compound Piony Water, employed to embrocate and refresh the Part, *Barbadoes* Tar, Nerve-Ointment, mixed with Oil of Turpentine; bathing, of which afterwards, Veficatories and warm Plaisters, as that of Cummin, and various others.



Of partial internal PALSIES.

I Have hitherto discoursed of the Method of Cure in paralytick Distempers, proceeding from internal Causes, that however suppress or extinguish the motive Power, and abate the Sensation of the external Parts of the Body; but there are other Palsies that affect, as I have above asserted, particular internal Parts only; for instance, the Gullet, the Stomach, the Intestines, the Kidneys, and the Sphincters of the Bladder; which require our Consideration. That of the Gullet disables the Patient from swallow-
ing

ing Foods and Liquors, that, stopping in their Passage, threaten the Patient with Suffocation; till after a great Struggle they are thrown up, and return by the Mouth; for if either a schirrous Tumour or a Fungus obstruct the Passage, or a Relaxation of the Fibres of the Gula oppose the Descent of Meats ingested, they cannot reach the Stomach, or at least in so small a Proportion, as is insufficient for the Support of Life; while the Patient is obliged to add some Supply by nourishing Clysters, part of which insinuating it self into the Vessels of the Guts, conveys some Aliment to the Blood. And this was the Case of the celebrated Duke of *Leeds*, who laboured under this great Infirmary several Years. The Difficulty of swallowing is sometimes so great, that the Patient is obliged to use a Prevang, that is, a Whalebone with a Button at the end; which thrust down the Gullet where the Stop is made, pushes down the Meat into the Stomach: And it often happens that some Patients, affected with a Paralysis of the Throat, are able to take down Solids, but not Fluids; and on the other hand, some can swallow Fluids, but not Solids.

In such cases, warm, spicy and active Drugs, formed into large Pills, and chewed often by the Mouth, and spit out again;
and

and Gargarisms, formed of the pungent and aromattick Roots, by a consent of Parts, stimulate and enliven the Spirits in the sides of the Gullet, and awaken them to do their Duty: and Infusions of Snake-root, Zedoary and Galangal, and Lignum Vitæ in White-wine; adding to them a fit Proportion of Tincture of Castor and Spirit of Lavender, taken Spoonful by Spoonful, as the Patient can swallow it, is beneficial; and so are the Drops of Steel, or a Spoonful or two of Steel Wine, taken in a small quantity of White-wine; or the Preparation of it with Tartar, taken in a convenient Conserve or Confection, will do good Service, as they animate the Spirits in general; and therefore those in the Gula will have their Share in the Benefit.

A Paralysis in the Fibres of the Stomach is often introduced by Hypochondriacal Sufferings in that Part, while the Tone of it is much enfeebled and depraved by frequent Pains, Strainings to vomit, and violent Eructations, and flatulent Distensions, from a Load of fowre and acrimonious Juices. And the Method of Cure set down in Hypochondriacal Distempers, will be very serviceable to paralytick Stomachs, that will not bear, without great Oppression and Difficulty, their neces-

necessary Meats, but reject them by the Mouth.

Intemperate drinking of Wine and strong cordial Waters, do likewise often destroy the Appetite; and by relaxing its native and regular Tone, introduce a Palsy in the Stomach; which becomes a weak, loose and flabby Bag, unable to digest, or so much as to retain its Contents: And in this case, generous, bitter and aromattick Remedies, as well as fixed and neutral Salts, such as Salt of Wormwood and Tartar, vitriolated, have a good Effect; especially if assisted with the *Bath Waters*, that, with the greatest Success, are drunk upon the Place; and in all other cases, where the Stomach is not vitiated and ruined by excess of Wine and strong Liquors, those Waters are of admirable use, not only as they dilute the bilious Juices collected there, but as they evidently restore the Appetite, and confirm and corroborate the nervous Fibres for the Work of Concoction. And this I know as well by my own Experience, as by the Cures that I have observed have been wrought upon others.

Sometimes a Paralysis affects the voluminous System of the Guts, especially those that receive the Chyle descending from the Stomach, and those that carry
off

off the recrementitious Parts *per Anum*. And this sometimes happens in so high a degree, chiefly from the weak and tender Constitution of those Parts by Nature, that sometimes the Refuse, or *feculent* Remains of the Foods not admitted by the lacteal Veins, sink through their Passages, without the Assistance of the protrusive peristaltick Motion; but falling down through the feeble and flaccid Intestines, they exclude themselves by the Sphincter: nor is the Patient by any Endeavours able to prevent it, especially if he stands upright. And in this Case likewise as other active and generous Medicines are very proper, so I have known that the Bath Waters, drank in a regular Method, have been eminently useful: And so likewise are Chalybeate Springs. And besides these Remedies, frequent Injections, not of purging, but warm and strengthening Clysters, have had a good Effect.

A Palsy in the Bladder, accompanied with an involuntary Discharge of Urine by Drops, and great Uneasiness and Pain, is sometimes occasioned by an Ulcer in that Part, or in the Neck of it, and sometimes meerly by advanced Years; for when the Organs of the animal Engine are impaired and damaged by their long and constant Exercise, their shattered and feeble

feeble State is justly reckoned no more than the Ware and Tare of old Age. Though mortal Life declines and consumes it self by flow, but certain Steps, few Men however in their advanced Age are willing or capable to make this Reflection, and to attribute their Infirmities to their natural and genuine Cause, that is, a protracted Course of Days; in which time the human Fabrick has been worn and shaken by external Injuries, or internal Distempers, or at least is enfeebled by gradual and insensible Decay: But they apply themselves to the Physician, and request him, as well to explain their Symptoms, and tell them the Cause of their Distemper, as to prescribe them a Method of Cure; as if, while they languish and stoop under the Burden of seventy Years or more (a Disease that eludes the Force of Physick) the Weakness and various Complaints that naturally attend grey Hairs, arose from the same Causes as the Diseases of young Persons.

But to return from this Digression: The Palsy of the Bladder, that, as I said, is very incident to antient Persons, by which that Receiver is no longer able to retain the Urine derived into it through the Ureters, by reason of the Weakness and Resolution of its Fibres, or those of
its

its Sphincter, is seldom, if ever cured. But this does not hinder but that younger Persons, afflicted with an involuntary rendering of their Urine, may be relieved by the Medicines proper in a partial Palsy, before mentioned; which by their strengthening and astringent Operation, may restore the lost Tone of the Fibres of the Bladder, or its Sphincter: And therefore Decoctions or Infusions of Herbs and Drugs, endowed with such Qualities, together with others in less Proportion, that are smooth and soft to the Parts, that suffer by the Acrimony of the Urine, should be often injected.

Sometimes a Palsy affects the Kidneys, whence the papillary Canals of that eminent Strainer lose their Tone; and being grown feeble and flabby, lye so flatted, while their Mouths or Inlets are so closed, that they cannot perform their natural Office, by separating and carrying off the watery Parts of the Blood. This Event may sometimes happen from a too tender and delicate Conformation of that Bowel by Nature; which faulty Disposition is often increased by intemperate Drinking, especially of small Liquors; and it is often the Effect of previous Distempers; sometimes of venereal Impressions, as well from the severe and painful Method

P

of

of Cure, as from the Disease it self; and sometimes from the Translation of gouty Matter, removed from the Joints or external Muscles, and determined to the Kidneys; where being deposited, it introduces a Resolution or flaccid Disposition of the secretory Glands, whence their Tension is much disabled, and their Power of Percolation suspended: The Consequence of which is a partial or total Suppression of Urine; partial, if the Passages of some Glands only are obstructed and shut up; and total, if the whole System is rendered impracticable and useless.

As to the Cure of this Distemper, while the Patient does not suffer a total Suppression of Urine, diuretick Medicines mixed with those that corroborate the Parts, should be used. For example,

Take of the Conserve of Rosemary Flowers, of Orange Peels, each an Ounce; of Millepedes powdered two Drachms, Tartar vitriolated, and Myrrh, each a Drachm, of Salt of Steel two Drachms, of Syrup of Nutmeg candied enough to make it an Electuary; let the Patient take the quantity of a small Chestnut twice a Day, and drink after it a Glass of White-wine.

Take

Take two or three Cloves of Garlick, infuse them in a Quart of White-wine, and let it stand near the Fire on warm Embers, till it has taken the Vertue of it fully, to be discerned by the Taste: drink a quarter of a Pint twice a Day.

The Syrup of Garlick, or Garlick preserved, are likewise very proper: so are the Cloves boiled in Broth, or eaten unprepared with any convenient Food. Likewise

Take of Millepedes alive fifty or sixty, bruise them in a Mortar, pouring on them a quarter of a Pint of Rhenish Wine, and half an Ounce of compound Water of Horseradish; and let the Expression be a Draught, to be taken twice a Day: and five or six Earthworms managed in the same manner, are useful.

Juniper Water, well made, especially that of Cologne or Holland, is very beneficial: so is small Punch, as likewise Oil of sweet Almonds or Linseed, mixed with Syrup of Lemons, or Syrup of Garlick and Oxymel Scilliticum, and made with Sugar into a Linctus, to be taken a Spoonful at a time frequently.

Repeated Purging with Elixir *Salutis*, *Tinctura Sacra*, *Pil. Coch. Maj.* is advisable.

But if the Suppression of Urine is total from a general Relaxation and Flaccidity of the percolating Glands of the Kidneys, which often happens, either from the natural or acquired Weakness, or too great Tenderness of their Fibres, or from the Translation of the Matter of other Diseases, as that of inveterate Rheumatisms, or the Gout, deposited on this Strainer, the following Remedies are proper to be prescribed.

Bleeding and purging Remedies are demanded to empty in some measure the Blood-Vessels, distended and oppressed by the serous Parts, that in this Case remain unseparated by the Kidneys; and by this means to supply as much as possible the Defect of that natural Discharge, till other Remedies open the obstructed Inlets, and make a Way for the Passage of the watery Parts of the Blood into the Bladder. And for the same Reasons active Vomits ought to be given, that by the Concussion and Agitation of the Parts, may quicken and rouse the torpid Spirits to do their Duty, and help to move and dislodge the obstructive Matter, and free the papillary Glands from their Incumbrances.

cumbrances. Active Clysters are likewise useful, for the same Reasons that Purgatives are prescribed, Vesicatories, or blistering Plaisters, are of great Service, not only, or so much as they cause some Evacuation, but chiefly as they stimulate and provoke the relaxed or paralytick Parts, and oblige them to perform their Office: And for this end, riding on a trotting Horse, or driving in a Coach over paved Streets, or uneven and stony Ground, are to be encouraged.

And as for internal Medicines, those above-mentioned, especially Garlick, are to be tried in their turn; and likewise Spirit of Turpentine and Tincture of Cantarides, that is, *Spanish Flies*, taken to twenty Drops at a time, as well as going into a moderate warm Bath, are often found very beneficial in promoting the Passage of the Urine through the Kidneys.

And this leads me to the Consideration of the *Bath Waters*, which have long been a celebrated Remedy for removing paralytick Complaints, and restoring Strength to weak and feeble Limbs; and I will shew in what Kinds they are useful, and in what they are either insignificant or hurtful. In those Palsies that are consequent upon an Apoplexy, or a transient

Stroke of a Paraplexy or Hemiplexy, partial, or more general, Bathing in the hot Spring-waters must be detrimental; for this only affects the Skin and exterior Muscles, but cannot strengthen the Brain, excusitate and quicken the Spirits, and free the nervous Tracts from the noxious Matter that obstructs them; and no Benefit can arise from any Method or Medicine ineffectual to these Purposes. And according to my own Observation in this Disease, commonly called the Dead Palsy, the going into those warm Waters scarce ever relieved the Patients; though after they were almost recovered, they have found some Advantage by bathing in those hot Springs, but more by drinking their Waters.

Nor is Bathing beneficial in paralytick Disorders, that proceed from a Hypochondriacal, and especially an Hysterick Constitution, for the Reasons before given. But the Patients who reap the greatest, if not the only Advantage, by going into those warm or hot Springs at the Bath, are those who become lame and paralytick from external Causes; such as are infirm in their Limbs from Bruises, Strains, catching Cold, or are disabled by hard Labour, or the suffering of very sharp and rigorous Weather; such Cripples and paralytick

lytick Persons as these often receive great Benefit: And I believe it is these chiefly that have, upon the Recovery of their Strength, left behind them their Crutches and other Supporters, and hung them up in the *Bath*, as Trophies and Monuments of their Conquests over their several Infirmities.





APPENDIX:

BEING AN

ESSAY

UPON THE

SPLEEN.

IT was the Opinion of many among the Antients, who, from a curious and inquisitive Genius, contemplated and examined the Works of Nature, that the Spleen was a noxious and prejudicial, or at least a superfluous Part, as being in their Opinion of no use in the animal Oeconomy. Those who condemned it as hurtful, were induced to it from the Observation of its frequent Swelling, and invading the Territories of other principal Bowels; which Distension, they seem-
ed

ed to think, was often natural, as well as often the Effect of a distemper'd State: They likewise looked on the Spleen as the Cause of intemperate and dissolute Laughter, which (a) *Pliny*, (b) *Serenus Sammonicus*, (c) *Calius Rhodiginus*, and others attest, (d). From the Spleen proceeds Laughter, from the Gall Anger, from the Heart Wisdom, and from the Liver Love. And the Reason assigned for this Opinion is, that this Bowel, by separating from the Mass of Blood, its dark and dreggy Parts, make it splendid, pure and active; whence, say they, Alacrity, Gaiety of Humour, and a constant Disposition to laugh, naturally arise.

Besides, they accused it as the Sink of heavy and melancholy Humours, and a great Enemy to Race-Horses, by clogging their Sinews, and abating the Celerity of their Motion: (e) This *Pliny* affirms; and therefore says, the Owners burnt the Spleen of their Coursers, to give them greater Speed; which * *Hoffman* says, was a Pra-

(a) Sunt qui putant intemperantiam risus constare Lienis Magnitudine, *Plin. lib. 1. c. 37.* (b) *Sammonicus, c. 24.* (c) *Antiq. Lect. Lib. 4. c. 18.* (d) *Splene ridemus, felle irascimur, corde sapimus, & jecore amamus, Ibid. lib. 2. Splen ridere facit, cogit amare Jecur.* (e) *Sammonicus ubi supra.*

† *Hoffman in voce Splen.*

218 *An Essay upon the Spleen.*

dice among the *Jerus*, as appears from what is spoken in the *Gemara*, of the Horses and Horsemen which *Adonijab* had prepared to run before him. These hurtful Qualities were also charged upon the Spleen in Men, as appears from (f) *Pliny*, whose Assertion is confirmed by (g) *Plautus*.

Hence it was that they used various Medicines to be taken inwardly, which they believed by degrees would waste and consume this exuberant and detrimental Part; for sometimes they endeavoured to destroy it by an actual Cautery, which was executed in this manner, as (h) *Paulus Agineta* relates: they raised up the Skin with a Hook, and then with a red-hot Iron pierced it through, and with the same Wound burnt the Spleen underneath; and sometimes they opened the Side, and cut it entirely from the Body: And this kind of Castration is mentioned by *Pliny* and *Sammonicus*; who, speaking of the Spleen, has this Passage,

* Hence silly Laughter flows;

But if cut out, that Passion decent grows.

(f) Ubi supra. (g) Genua hunc cursorem deserunt, perii, seditionem facit Lien, occupat præcordia. Perii, animam nequeo vestere. *Plautus* in *Mercatore*, — Accrescit Labor, jam quasi zona liene cinctus ampulo. Id. in *curculione*. (h) Lib. 6. c. 48.

* — Tumidus nocet, & risum addit ineptum, Dicitur exectus faciles auferre cachinnos.

Serenus Sammonicus, ubi supra.

This

This he does not affirm from his Knowledge; but says it was the common Opinion.

Thus as the *Stoick* Philosophers reproached the Passions as the Blemishes and Distempers of the Mind, that perverted its Faculties, and disturbed its Operations; so these Naturalists looked on the Spleen as a useless Production, or rather a hurtful Error of Nature; and as the first strove to suppress and eradicate the one, so the last labour'd to get rid of the other.

Those of the Antients who ascribed any Usefulness or final Cause to this Part, from the Observation of its Colour and Magnitude, as well as its soft and loose Contexture, concluded that it was designed to attract and drink up, like a Sponge, the gross and adust Impurities of the Blood; which being thus purged and refined, might be prepared for the Service of the Liver, and appear in that Receptacle pure, bright and sprightly: And this was the Opinion of *Plato*. *Aristotle*, who declares that he thought the Spleen only accidentally necessary, assigns to it the low Province of drawing to it self the dark and coarse Vapours that arise from the Bladder and Intestines, to give them a greater degree of Concoction; so unskillful

220 *An Essay upon the Spleen.*

ful was this Philosopher in Anatomy, and so unacquainted with the Oeconomy of Nature.

The modern Physicians and Anatomists, reflecting that the Spleen is constantly found to be an integral Part in every Individual among Animals of the most perfect Species, Birds excepted, and that Nature makes nothing impertinent and in vain; and considering likewise that the minutest Gland, the least Vessel, and the smallest Fibre of a Nerve or Muscle, are designed for some valuable Purpose, could not think that the Spleen, a Bowel of such Amplitude, Contrivance, and Situation, which takes up so much room, and makes so considerable a Figure in the Composition of the Body, was a wanton and useless Production; but that on the contrary it must be destined to some Service.

Various are the Opinions of Philosophers and Physicians about the Province assigned by Nature to this Bowel, so remarkable for its Magnitude and Structure, as well as its Equipage of Veins, Arteries and Nerves, with which it is abundantly furnished; they compared it with the other large Bowels and bigger Glands; and while they observed that all these were Strainers, formed for the beneficial Design of purifying and refining the
Blood

Blood from gross and noxious Mixtures: for instance, the Kidneys to separate and discharge the superfluous watery Parts; the Liver the immoderate Choler, the Lungs the redundant Phlegm, and the large Glands their particular hurtful or excessive Humours; they were induced to believe that a Province of the like nature must be appointed for so eminent a Part of the Animal as the Spleen: And upon their Contemplation of its unlively and livid Aspect, while it is entire, and the blackish and heavy Liquor which appears in it upon Dissection, they were tempted to appropriate to it the Task of dividing from the Mass of Blood the recrementitious Juices. But since no secretory Vessels, nor common Receptacles for such Humours, nor any Channels to convey them away, could ever, by the strictest Enquiry, be discovered in the Spleen, as they are in all the eminent Strainers of the Body, and which could not have escaped Observation in so large a Part, this Hypothesis wants a sufficient Foundation to support it; for if there be no Outlet to carry off the Liquors supposed to be constantly separated from this Bowel, it must by swelling to an immense degree, become disproportioned and destructive of the animal Administration.

Others

222 *An Essay upon the Spleen.*

Others appoint to the Spleen no other vital Service, than to cherish the Stomach with the warm and comfortable Application of its Substance to that Side on which it is incumbent; by which means, say they, the Stomach being constantly refreshed and invigorated, its digestive Power is assisted and preserved. But if this be its whole Business, in my Opinion it is no great Post of Honour, nor a Task worthy so conspicuous and distinguished a Bowel as the Spleen. And this Conjecture is easily over-ruled, when we consider that after the Animal is castrated of this Part, the Stomach not only retains its concoctive Faculty in as great Perfection as before, but grows more hungry and voracious, which by Experience evidently appears. *

The celebrated Dr. *Willis* has formed the following Hypothesis concerning the use of this Part. He supposes that the Blood, which is carried by the animal Ducts into the Spleen, deposits there by Percolation its thicker and more ponderous Parts; which thus disunited from the Mass, and lying for a while undisturbed out of the Road of Circulation, con-

* *Malpighius de Liene. Dr. Purcell, in his Book of the Cholick.*

tracts such an Acidity, or austere Nature, that it becomes a Leaven, like that of a Portion of Paste; which being preserved till it acquires a sower Quality, is capable of fermenting a large Mass of Dough. This Leaven thus prepared in the Spleen, as our ingenious Author supposes, being re-conveyed to the Blood by the Veins, and to the animal Spirits by the Nerves, agitates and purifies the one, and stimulates, refines, and exalts the other to such a degree, as the animal Faculties demand for their just and regular Operations; without which, he imagines, they would be languid and defective in their Functions; and from the Irregularity, that is, the too great Portion of Austerity that often happens, as he supposes, to this Ferment in the Spleen, he derives the Rise of Hypochondriacal Affections, while he endeavours to account for all their various Symptoms in the various Parts of the Body, from the different Modifications of this Leaven, which in a different, but still an excessive Measure, agitates, impels, and disturbs the Spirits in their Motions.

This may be reckoned an ingenious Hypothesis, and finely imagined; but since the Author has not shewn any peculiar Vessels by which these heavy and melancholy Humours are separated from the
Blood,

Blood, nor any common Cistern where they shall be lodged after their Separation, nor any Canals by which they shall be reconvey'd to the Blood and Nerves, but leaves them in the strait Vacuities and Interstices of the Substance of the Spleen which must be distended to a vast Size, if as a Strainer it receives a constant and uninterrupted Affluence of Humours, and has no way to empty it self and unload its Burden; his Position seems rather a Romantick Speculation without any Foundation in Nature, than the Production of an acute and reasoning Philosopher.

Other Anatomists assign another Use to the Spleen, who suppose it was form'd by Nature to arrest the Motion of the Blood and moderate its Velocity, that it may not rush into the Liver with too impetuous a Current, and suppose that this facilitates the separation of the Bile in the Liver.

In a Point of such abstruse Nature, my own Conjecture is, that the Spleen is formed, tho' perhaps not only, yet principally, for some remote yet considerable Office, by which it promotes the Propagation of the Species. The Reason that induces me to entertain this Opinion is, that it plainly appears that this eminent Bowel

is unnecessary for the Conservation of the Individual; for it is certain, by undeniable Experience, that it may be taken out from the Animal, without any visible Detriment; and is so far from being absolutely useful to the Existence of the Individual, that without it that Individual not only continues in Being, but in Health and Vigor; and as far as can be observed, does not feel the want of it. Now it cannot be imagined, that a Bowel of such Distinction in the Body, of such a Magnitude, such an artful Composition, and endowed with such numerous Vessels, should have no Concern in the Preservation of the Animal, if it were designed for that Purpose. And therefore since it must be allowed to be formed for some Purpose, what other End can be assigned, than that of the Continuation of the Species? We observe that the other Parts of the Animal, that are made for the Propagation of the Kind, may be removed entirely, without destroying the Being or Health of the Individual, as being destined for another End, and therefore little interested in the Support of its Existence; whence it is reasonable to conclude, that when a considerable integral Part of the Body, such as the Spleen is, may be entirely spared, the Animal receiving little or no Damage by the removal

Q

moval of it, the Part must be intended for some other use; and what other can be suggested but multiplying of Individuals.

The Spleen therefore, by a Parity of Reason, may be justly supposed to be framed for the same Purpose, as the other Parts designed for the Continuance of the Species. How this Office is performed by the Spleen, is not easy to explain, nor to answer the Difficulties that may be started on this Subject. Many Mysteries continue in Nature, that elude the Sagacity of curious Enquirers, to humble the Pride of learned Philosophers. Man is a vain Being, and would be too apt to triumph, to boast of his Conquests, and neglect to admire the supreme Cause of Things, should all the wonderful Scheme of Nature be laid open to his View, and no Secret escape his Enquiries. Besides, the Divine Author takes Delight to honour himself by different Persons, and in different Times and Nations. He lets Mankind by degrees into the Knowledge of his Works, and future Ages may probably excel this in their intellectual Improvements and Discoveries, as this surpasses the antient Ages in the Infancy of Science and the first Dawning of Philosophy. And as new Acquisitions are reserved for

new

new Men, so it is probable that some sagacious Anatomists may arise in coming Ages, who may unfold this Difficulty. But from what I have urged, it must be concluded, that either this which I have asserted, is the proper Office of the Spleen, or that it can have none of any Consideration answerable to its Size and Structure: for since it can be removed with little or no Damage, it is, as to particular Animals, almost useless and insignificant, like the Parts contrived for the Production of Individuals. But notwithstanding this Subject is so intricate and abstruse, I will attempt to ease our Conceptions, by opening the way by which the Spleen may perform the Office before named.

Since it appears by uncontested Experience, that the Animal may survive the Separation of the Spleen from his Body, without any sensible Detriment, which is a plain Demonstration that it is insignificant to the Conservation, and unemployed in any considerable Service of the Individual; what can be inferred with more Certainty than this, that it must be of some important Use for the Continuation of the Species? For should it be affirmed, that it is neither beneficial to the one or the other, then it being impossible that it

Q 2

should

228 *An Essay upon the Spleen.*

should be useful any other way, this gross Absurdity must follow, that it was formed for no Purpose, and so is an idle and impertinent Production of Nature. I cannot see how the Force of this Argument can be evaded; and therefore I conclude, that this Bowel was contrived for the sake of the Species, as before asserted. If it be asked, and nothing is more natural than to make that Enquiry, which way this Bowel contributes to the Conservation of the Kind? I answer, it is probable that it performs this Office by obstructing the Stream of Blood, and moderating the Rapidity of its Motion, which otherwise might rush into the Parts subservient to Procreation with too great Violence and Abundance; and by that means communicate to them, by proper Strainers, a greater Measure of prolifick Fluids, than the regular Oeconomy of Nature demands. Nor is this Hypothesis in the least shaken, by saying, that the Current of Blood issuing from the Spleen, is at a great Distance from the Repositories of those Fluids; for if the *Remora*, that checks the immoderate Celerity of the Blood, is ever so far off, the Effect is the same as if it were fixed much nearer to those Receptacles; that is, it would equally abate the Velocity of its Motion before

it

it flowed into those Parts, in the same manner as a Dam at a Miles Distance will as much retard the Stream of a small Rivulet, and make it flow into a Meadow with the like quantity of Motion, as if it were fixed but twenty Foot before its Entrance.

Now that the Spleen is formed by Nature to bridle and reduce the Rapidity of the Blood, will appear evident, if we compare the small Cavity of the Artery, which conveys the Blood, with the Amplitude of the Bowel into which it is conveyed: the Dimension of the first is exceeded by that of the last about eighty times, notwithstanding an Allowance be made for the solid Parts of it, by as just a Calculation as can be settled; for the Variety of the Diameter of the one and the other is so great in different Individuals, that an exact Proportion is difficult to be fixed. If then the Diameter of the arterial Inlet is surpassed eighty times by that of the Spleen, then the Circulation of the Blood through this Bowel must be eighty times slower than it was at its Entrance, which is plain by the Laws of *Hydrostaticks*. It is true, that when it leaves the Spleen, it recovers much of its former Celerity; but still it enters the Liver eight times slower than

when it first flowed into the Spleen. These Observations were communicated to me by that eminent Anatomist and skilful Surgeon Mr. *Chisleden*. By this then it is clear, that the Duty of this Bowel is to diminish the quantity of Motion in the Blood, and restrain its Velocity, which otherwise would be hurtful to the animal Government; and since this cannot be in respect of the Individual, as above has been fully proved, it must relate to the Species; and then what can be more reasonable to suppose than this, that should not the Blood be thus controuled and retarded in its Current, it would rush in greater Abundance to the Parts destined for Procreation, than the Intention of Nature requires. This Hypothesis is supported by the Observation of the learned Dr. *Purcell*, who assures his Reader, in his Treatise of the Cholick, that he found that Dogs, after the Exsection of the Spleen, were more salacious and prone to Venery than before. And if this be allowed, then this Cause, among many others, may be assigned, why some human Animals have a chaste Complexion, and others are defective in their Instincts of this nature; for supposing that the Artery that distributes the Blood is much smaller, or that the Spleen that receives it is much wider,

wider, than in the ordinary Formation of those Parts, it will follow, that the Progress of the Blood will be too much opposed and arrested; by which means the Parts destined to Procreation will be defrauded of the ordinary Supplies required in a just and regular Constitution: and we shall be apt to favour this Opinion, when we reflect, that the Remedies administered in such Cases, are of a generous, active, and stimulating Nature; which, by agitating and impelling the Blood, promote the Swiftness of its Motion. On the contrary, if we suppose that the fore-mentioned Inlet is much larger, and the Spleen of less Dimension than usual, which Variety may often happen; then the Blood, for want of a just *Remora*, will rush forwards with too impetuous a Current, and by that means deposit an immoderate prolifick Store in its proper Receptacles. And this Remark may furnish us with one Reason, why some particular Persons are incontinent and lascivious by their Constitution.

I have suggested these probable Conjectures concerning the way how the Spleen may promote the End which I have assigned to it, and which it is not unlikely may be confirmed by future Experiments. But should these Notions be

232 *An Essay upon the Spleen.*

rejected, either as not reasonable or solid in Theory, or not sufficiently backed and strengthened by ocular Observations, this at least I may insist upon, that the Bowel, of which we are discoursing, is either appointed for the Continuance of the Species, as above asserted, or that it was contrived for no purpose at all, or at least for none of any Importance, in proportion to its Size and Structure.



Of HYPOCONDRIACAL and HYSTERICK AFFECTIONS, *whether they arise from the Spleen?*

IT was the Opinion of the Antients, that Hypochondriacal Passions were owing to cloudy Fumes and melancholy Vapours, elevated from the Spleen to the Head, which they imagined infected the Brain, and disturbed the Operations of the animal Spirits, interrupted their peaceable State, and impelled them into irregular and convulsive Motions: and in the same manner they accounted for Hysterick Symptoms, which they ascribed to impetuous and disorderly Vapours that ascended from the Womb, and produced various Passions, involuntary Agitation of the Limbs, Suffocations and Tremblings of Heart; of which more hereafter.

These learned Men believed that the Spleen, when distempered, causes Tumults and Insurrections in the animal Commonwealth, and with Uproar and
Sedi-

334 *An Essay upon the Spleen.*

Sedition, troubles and embroils all the vital Provinces of the Soul: Hence in *Plautus*, *Lienosum cor habeo*, I have a disturbed or distracted Heart.

The learned Dr. *Willis*, before mentioned, derives likewise the Origin of Hypochondriacal Distempers from the Spleen, but accounts for their Rise another way: He supposes, as said before, that all the Symptoms of that Disease arise from an inordinate Sourness and Austerity, contracted by a Leaven which he places in this Bowel for an important Service of Nature, that is, to ferment and ennoble the Blood, to stimulate and exalt the Spirits, and augment their Purity, Brightness, and Velocity: ‘for when, (says he) it happens that the Ferment that inhabits the Spleen acquires an excessive Acidity, as soon as the Particles of it mingle with the Blood, and adhere to the animal Spirits, these too sower Companions over-agitate the first, and urge the last, together with the nervous Juices, with too great Violence and Impetuosity; and by the Conjunction of the Blood and nervous Liquors in this distempered State, he supposes that the Spirits are as it were fired, and, like Trains of Gunpowder, rarified and driven into violent Explosions,

But

But upon a due Examination, I imagine the Spleen will be cleared as well from the Accusations of the Antients, as the injurious Imputation of the Moderns. It is my Opinion, that this Bowel cannot be charged with the Guilt before mentioned, for these Reasons. First, there is no Foundation in Nature to uphold their Supposition, that melancholy Steams and dark Fumes are still mounting, as if it were from a hot reeking Vessel, from the Spleen to the Brain. This is a coarse and unphilosophical Conception; for by what Passages and Canals shall these Fumes be elevated to the Head? Are any Conveyances appropriated to this Use? But if these Vapours return to the Veins and Nerves, it is evident they must mingle and incorporate with the Blood and nervous Juices; and then, while involved and complicated, they circulate together, how can we conceive any Reeks and Exhalations separated and arising from them? Now, because the Production of such Steams, and the Conveyance of them through proper Ducts to the Head, are impracticable and inconsistent with the Nature of things, I reject this Hypothesis, as ill imagined.

The main Reason which they alledge for their Opinion is, that when a Hypochondriacal

condriacal Paroxysm prevails, and, like a violent Tempest, agitates the Blood, and engages the Spirits in various Passions and Disorders, which now most justly are called Perturbations, the Spleen is much afflicted, swells to a painful Dimension, and encroaches upon the Districts of the neighbouring Parts. But this can be no solid Foundation to support their Hypothesis; for other principal Parts are affected by Hypocondriacal Paroxysms, as well as the Spleen, and much more; The Stomach, its Neighbour, extremely suffers by this Distemper, which causes there a redundant Portion of acid and austere Juices, black adust Choler, Indigestion, frequent Vomitings, and flatulent, sowre and bitter Eructations; whence it is frequently distended with tormenting Winds, that, struggling for Vent, like Vapours confined in subterraneous Caverns, shake with Violence the whole Fabrick.

Nor does this Disease produce less Disturbance in the Brain, than in the Stomach, where it often attacks with Fury the Residence and chief Fortresses of the Mind, draws the Spirits into great Disorder and Confusion, and turns the intellectual World upside-down: The Mind is filled with dark Images and Scenes of
Horror

Horror and Distress, with Diffidence, Suspicion, Inconstancy, Fluctuation, and sad and melancholy Reflections; which however have no Foundation, but in the perverted Temper of the animal Faculties; besides many other Symptoms which afterwards will be enumerated.

Nor is the Heart in a less conspicuous manner afflicted by this Disease, than the Stomach and Brain, where it causes vehement Emotions, Tremblings, Palpitations, and irregular Pulsations, which are oft attended with short and difficult Breathing; while the disordered Muscles of the Breast are unable to perform their Duty, by dilating and contracting it in a sedate and regular Succession.

Hence it will appear that the Spleen, from its being much disturbed by Hypochondriacal Passions, is not more accountable for the Production of that Distemper, than the Heart, the Brain, the Stomach, or the Breast; all which are as great Sufferers by its noxious Power as the Spleen; and in particular, the Stomach is afflicted by it in so eminent a manner, that the ingenious Dr. *Higbmore* was induced to believe, that this dark Distemper derived its Origin from that Part of the Body.

Rejecting therefore these Opinions, I must declare, that in my Judgment, what
we

we call the Spleen, is a Distemper belonging to the whole System of the animal Spirits, and has its Rise immediately from them; and upon this Hypothesis, it will not be hard to account for the various Appearances and surprizing Symptoms arising from this mysterious Disease. And in order to this, I will lay open in short, the Nature, Constitution, and the Duties of these Spirits, and then consider the various Symptoms of Hypochondriacal Affections; whence I imagine my Assertion will become evident and incontestable.

The animal Spirits, which are the first Agents employed in the Formation of the *Fetus*, being awakened and set in Motion through the Brain, by a due genial Heat, expand themselves, and by their reciprocal Motions, excavate and extend the Arteries and Veins, unfold and amplify the entangled Limbs, diffuse the Membranes; and in short, discharge all the Offices of their plastick Province, till the integral Parts are finished, and the Animal becomes compleat: And then they are the immediate Ministers of the Soul in all her various Operations; they are necessary to her in this State of Existence, while she exercises her superior intellectual Faculties, being her immediate Instruments in Cogitation, Reasoning, Invention and Fancy.

cy, as well as in sensitive Perception and local Motion. By their Figurations, and the various Modifications of their Activity, they agitate and work the Heart in various ways; whence they impart to it pleasing or painful Passions, and produce all the Diversity of Motions which are found there. As a great Part of the animal Spirits inhabiting the Brain, make their Excursions through the secret Roads of the Nerves, by the Impulse of the Will, to move a particular Member, or the whole Body; so others, by a spontaneous and involuntary Motion, from an Instinct of Nature, descend through other Passages to all the nobler, as well as the less considerable Parts of the Body, where they assist in the animal Oeconomy, by preserving the Motion of the Heart, the reciprocal Contraction and Dilatation of the Brain, the digestive Faculty of the Stomach, and for other peculiar Offices in other Parts, upon which depend the Nourishment, Vigour and Duration of the Individual. Thus have I given a short View of the Nature and vital Offices of the animal Spirits, and will now enumerate the Symptoms which arise from the Distemper vulgarly called the Spleen.

This Distemper, which is likewise called Hypochondriacal, from the *Hypocondrias*,

240 *An Essay upon the Spleen.*

drias, which are the Regions on each side where the Spleen and Liver are situated, and which are often painfully distended, especially that in which the first is lodged, during a Fit or Paroxysm of this Disease, produces in the Stomach a great Variety of Complaints, depraved Appetite, and Inability of Digestion; whence proceeds frequent Nauseousness, noxious Crudities, adust Choler, painful Heart-burnings, and a frequent Disposition to Vomiting; and sometimes too great Eagerness to eat, and after eating Uneasiness and Oppression.

This Distemper causes a great Diversity in the Disposition of the Minds of those who are afflicted with it; sometimes they express great Alacrity and Pleasantry of Temper, and by their agreeable Humour and sudden Starts of Imagination, are entertaining in Conversation; yet, weary of attending any thing long, by a sudden Absence of Mind they forget themselves, and seem to withdraw from the Company; to which however they soon return, and resume their Part of the Discourse, when the odd Fit is over. At other times they are dejected and cloudy, and now none but dark Images, desponding Thoughts, and melancholy Scenes employ their Brain; sometimes they are bolder than Men,

and soon after more timorous than Women; this Day in a lively active Temper, they are firm, enterprizing to undertake some great and worthy Design, which they have newly formed; the next, when their Spirits are reduced, and their fine Flame is spent, they reverse their Opinions, delay their Attempt, and either continue suspended, or wholly lay aside the Execution of their Project. Their Minds are perpetually wavering and undetermined, by the different Appearances of their Ideas, from the different Disposition of the Spirits, that never long represent them alike to their Imagination; whence they always vary and disagree with themselves, and continually spend their Hours in forming Schemes of Life; which however they seldom thorowly pursue, and are always exercised in making and breaking Resolutions. From this capricious Levity and Fickleness of Mind, they express no Equality or uniform Appearance in their Demeanor or Pursuits, but are full of Starts and Incoherencies, and often repugnant and contradictory to themselves; and by this Mutability and Unsteadiness of Temper, where this Disease is much predominant, they destroy the Regularity and beautiful Series observed in the Actions of wise and

R

prudent

prudent Men; whence arise many dishonourable Breaks and Blemishes in Life, which in more sedate Intervals they reflect upon with Shame and Regret.

The Symptoms of this Distemper in the Head are, Dimness of Sight, black Spots and Nets dancing in the Air before the Eye, ringing in the Ears, Swimmings, Giddiness, and vertiginous Eddies; besides sudden Eruptions and Flashes, like those of kindled Powder, as it were exploded and darting through the Brain. Sometimes the Imagination is over-heated by too great an Expansion of the Spirits; whence they become bright, of great Celerity, and almost rarified to a State of Lunacy; and sometimes by a sudden Change, they are dissipated and depressed, whence the Faculties of the Mind are ill served by their torpid and unactive Ministers.

Hypochondriacal Persons are frequently restless and unquiet, full of Anxiety, Diffidence and Suspicion, and by turns obstinately wakeful, or liable to Drowsiness and immoderate Sleep; and by the uneasy Vicissitude of their Temper and swift Change of Taste, they soon grow weary of the same Satisfactions, are unsteady in Love and Friendship, and always engaged in the Pursuit of new Objects.

Various Disorders in the Heart arise from this Distemper; whence it sometimes springs against the Breast with emicant Vigor and impetuous Vibrations; as if impatient of Confinement, it would break through the Fences that restrained it; and sometimes its Motions are so faint and languishing, that it seems cast down from its Seat, and depressed into an inferior Station.

In Persons thus affected, if any Phantasm strikes upon the Imagination with Vehemence, if an Incident of Importance, or any Messenger of ill News surprize them, the Spirits in the Brain being of a volatile Nature, and easily dispersed, are agitated with such Violence, that they rush from thence through the nervous Passages in Disorder and Precipitation; of which some by a convulsive Grasp, contract the great Artery called *Aorta*, and by that disturb and interrupt the Current of the Blood; and others entering the Heart in Confusion, cause Variety of Perturbations, Trembling, Palpitation, violent Leapings, and a swift, intermitting Pulsation, by which it receives and projects the Blood with great Inequality.

In Paroxysms of this Distemper, the Person feels such a Hurry and Tumult of the Spirits, and such a Confusion of Ideas

244 *An Essay upon the Spleen.*

in the Head, such short, broken, and laborious Breathing, such Strife and Emotions in the Heart, and such an Inquietude and Sinking in the whole animal Nature, that he seems to himself to be entering upon the Agonies of Death; and though he has suffered a hundred times the same Distress, yet still he thinks that the last will be fatal. Under this Apprehension of imminent Death, which returns with the Fits of the Disease, the unhappy Person dies daily, and perhaps suffers more in the Expectation of the fatal Stroke in every such Agony, than those who died but once, and now lye buried in the Grave: And his Condition is the more deplorable, because while he eats, drinks, and looks healthful, like other Men, he becomes rather the Object of Raillery and Reproach, than of Tenderness and Compassion.

In the Appendages to the Stomach, and the inferior Belly, this Distemper often shews it self in cholical Pains, tumultuous and noisy Agitations and Convulsions of the Entrails, in the Disturbance it gives to the peristaltick Motion, and often by the paralytick Relaxation of the Fibres of the Intestines; whence their native Warmth, Power of Retention and protrusive Faculty, receive great Prejudice.

dice. In the Habit of the Body, it appears in the Shaking or Trepidation of the Limbs, and erratick Pains, in the Leaping of the Tendons, convulsive Twitches of the Muscles, a frequent unaccountable Lassitude, and a temporary Indisposition to move, not from the Extinction of the Spirits, but from the Suspension of their Activity. If the Nature of these Symptoms, at least of the greatest Part, is attentively considered, it will be easy to see that they chiefly and immediately arise from the Irregularity and Confusion of the Spirits, whence the animal Oeconomy is interrupted and disturbed.

And this will further appear from the general Observation, that Hypochondriacal Persons, if their Spirits are not overheated and agitated to the highest degree, are endowed with quicker Apprehension, acuter Sense, and greater Vivacity of Imagination than other Men. The celebrated Dr. *Willis*, in accounting for this, says, that in these Persons the Spirits are animated and sublimed to an eminent State of Purity, by the Ferments of the Spleen, exalted to a proper Measure of Acidity, and communicated to the Nerves inserted in that Bowel. This, though a precarious Assertion, and without Proof, shews however, that the animal Spirits are the origi-

nal Subject of Hypochondriacal Spirits; nor is the Case otherwise in the Female Sex, who often derive their superior Wit, good Sense, and sprightly Imagination, from the Activity and Fineness of their Spirits, raised and stimulated by Hysterick Ferments.

My Position will be farther supported, if the Method of Cure, which has been found by the Experience of Physicians to be most successful in this Distemper, is considered. Those Remedies which are most efficacious in soothing the Fury, appeasing the immoderate Heat, and reducing the excessive Velocity of the Spirits, by which they suppress the Seditions, Tumults, and Insurrections that embroil the animal Government, and introduce a peaceful Calm and a State of Tranquillity, are either pacifick, which immediately compose the Conflicts of the Spirits, restrain their irregular Excursions, and moderate their Celerity; or such as impart such Stability, Firmness, and Consistency to them, as may enable them to perform their reciprocal Motions and vital Functions in a steady Course, without being obnoxious to inordinate Impressions from every surprizing Object, and vehement Hurries and explosive Dissipation.

Though

Though the greatest Part of these Sufferers are by Nature so formed and disposed, as to be liable to grievous Perturbations, yet sometimes Men acquire them by long indefatigable Idleness, and sometimes by indulged and obstinate Sorrow, uneasy Reflections, and deep Melancholy, arising from the Misfortunes and Calamities of Life. Assiduous Dependents on Persons in Power, long promised, and still disappointed in their Expectations of Preferment, as well as Men of Business and Commerce, who have a great while supported their Credit, and made a handsome Figure in the World, but at last found themselves falling to decay, have sunk into the Depths of Hypochondriacal Sadness. And since these unhappy Persons are thus overwhelmed with the Spleen from no other Cause than what affects the animal Spirits, it is evident that those Spirits are the immediate Subjects of that Disease.

It is true, that this faulty Temper of the Spirits is in part owing to the Constitution of the Blood, from whence, being the finer and purer Parts, they are strained through the narrow Meshes of the Brain; and there yet more laboured and refined, are distilled into the Mouths of the Nerves, through which they shoot

248 *An Essay upon the Spleen*

with great Swiftneſs to diſcharge their Offices of Senſation and Motion. And as the Qualities and Contexture of the Blood are ſo vitiated, ſo in Proportion the animal Spirits derived from it, muſt be perverted from their regular Complexion: yet this is but to aſſign one of the remote Cauſes of the Spleen, and not to give its eſſential Idea; which from what I have ſaid, I believe, will be allowed to conſiſt in the inordinate Diſpoſition of the System of the Spirits.



of



Of HYSTERICAL AFFECTIONS.

IF we contemplate the Nature of the various Symptoms of this Disease, we shall soon conclude that there is no specific or essential, but only a gradual Distinction between them and the Effects of the Spleen, arising from the Diversity of their Modifications and Appearances; since it is evident to the judicious Observer, that Hysterick, as well as Hypochondriacal Passions, act all their tragical Parts in the Frame of the Nerves, by the irregular and seditious Motions of the Spirits.

The Antients, from a gross Conception, imagined that Hysterick Passions derived their Origin from the disordered Matrix, which they supposed sent up Clouds of Fumes and dark Vapours through the Vessels to the Brain; as they believed that Hypochondriacal Symptoms proceeded from melancholy Reeks, elevated from the dark and impure Sink of the Spleen to the Head: But as I have demonstrated with the clearest Evidence, that those
Sym-

250 *An Essay upon the Spleen.*

Symptoms arise immediately and essentially from the distempered State of the animal Spirits, by which they are perverted and disabled from performing their natural Functions in a steady and regular manner; so Hysterick Affections will appear to have so great an Affinity to them, that they must be accounted for in the same manner.

The chief Symptoms of this Distemper, which is appropriated to the Female Sex, are noisy Convulsions and Workings of the Intestines, struggling and striving upwards, Cholick Pains, Sickness in the Stomach, depraved Digestion, loss of Appetite, frequent Disposition to vomit, and noxious Ejections of green, fowre, bitter, and sometimes insipid Humours; Fits of short and difficult Breathing, Palpitation of the Heart, Faintings, Suffocation and Strangling in the Throat, Giddiness, Swimmings and Dimness of Sight, violent aking of the Head, profuse Laughter, and on a sudden an immoderate Eruption of Tears, Inconstancy, Timidity, Irresolution, frequent Change of Temper; and in short, all the Train and Symptoms before enumerated, as the Effects of the Spleen in Men; and in this only they seem to differ, that in the Female Sex they are carried on to a higher degree:

An Essay upon the Spleen. 251

gree: For in Hyfterick Fits, which often approach near to Epileptick, the Sufferer is thrown into violent convulsive Motions; while the Eyes are distorted, the Face disfigured, the Limbs agitated with involuntary Concussions, the Contraction and Distension of the Chest disturbed and interrupted, and the Exercise of Reason and Perception suspended; often the afflicted Person falls to the Ground, beats her Breast, sets her Teeth, bites her Tongue, and struggles with such extraordinary Force, that she is scarcely to be held and restrained by those about her. These violent involuntary Agitations in the whole Structure of the Body, which invade the animal Oeconomy, arise partly from the Constitution of the Spirits themselves, which in the Fair Sex are more volatile and subtil, and of less Stability and Consistence than they are in ours; and therefore more receptive of Impressions, more liable to Dissipation, Disturbance and Confusion; and partly from the Fineness, Delicacy, and Tenderness of the Nerves, which are not woven of such firm and robust Threads, as they are in Men; and for that Reason being not able to resist the inordinate Motions and Perturbations of the Spirits which rush upon them, they are driven by the violent Impulse into convulsive Contractions,

These

252 *An Essay upon the Spleen.*

These unhappy Persons, in the same manner as Hypochondriacal Men, are subject to be alarmed by frequent Apprehensions of approaching Death; and while they seem well to others, receive from them little Commiseration, a Respect due to the Miserable and Unfortunate.

Hysterick Passions are often occasioned by the impetuous Emotions of the Mind, immoderate Anger, Fear, and even Excess of Joy; the hearing of ill News, or some surprizing Incident, the unexpected Arrival of a Friend, a sudden Outcry; and more, the hasty opening of a Door shall cause this extraordinary Disorder; and I suppose none will ascribe this to the rising of Fumes and Vapours, I know not how, from their Seats to the Brain, nor to any secret Ferments that harbour in any Part of the Body. Since therefore the Passions of the Mind, as well as surprizing external Objects, will produce Hysterick Fits; then no Steams or Reeks exhaling from Crudities and unconcocted Aliments in the Stomach, nor any Leaven lurking in any Parts whatsoever, can be assigned a sufficient general Cause of these Symptoms. But if we recur to the System of the animal Spirits, we shall find an equal and uniform Cause of all these Effects, and from their Perturbation and disorder.

An Essay upon the Spleen. 253

disorderly Influx into the Nerves and Muscles, may account, with Satisfaction, for all these various Phænomena. As this is plain in the Instances last mentioned, which arise from the Emotions of the Soul, or the vehement Impulse of foreign Objects upon the Imagination; so if all the other Hysterick Passions above described, are contemplated with Attention, they will easily admit the same Solution: For, suppose that any internal Cause, any austere, disagreeable, noxious Juices, that dwell in various Parts of the Individual, by their opposite Nature, instigate, excite and impel the Spirits in an excessive manner, the same hysterick Passions and convulsive Motions will arise, as from the impetuous Agitation that outward Objects often produce; so that still the animal Spirits are the immediate Subject of these Fits.

There is therefore but one essential Idea of Hypochondriacal and Hysterick Affections, which is this of the distemper'd Disposition of the Spirits. by which they are inclined to be easily disturbed and perverted in their reciprocal Motions; but the remote Causes of their irregular Constitution are various, as well from without as from within, and therefore it must not be supposed that the Stomach, the Spleen,

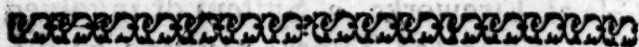
254 *An Essay upon the Spleen.*

Spleen, the Womb, the Brain, or the Heart, are either of them the total Cause of these Diseases; for each of them, in their turn, may communicate to the Spirits these hurtful Ferments, or impure stimulating Mixtures, which may drive them into the utmost Disorder. To account for the Nature of convulsive Contractions in Hysterick Persons, is not so easy a Task. Muscular Motion is so intricate and mysterious, that after all the Attempts of the greatest Writers upon this Subject, it is little understood; and how shall we know what is an Error and Deviation from muscular Motion, till we first understand what muscular Motion is?

The Learned Dr. *Willis* has explain'd it by the Effects of the nervous Juice meeting with the sulphurous Particles of the Blood, which kindle, says he, and go off by their Union, and by this means swell and shorten the Muscle. Thus by the constant Explosion of this fine Matter compounded of vital Nitre and Sulphur, he plays the whole animated Engine, or a particular Part. Hence when a Master-hand runs Divisions on a Violin, it must be suppos'd that this spirituous complex Matter is rarify'd, and exploded as swiftly, and in as regular a manner, as the Artist moves his Fingers and his Bow. By
this

this Hypothesis, an Animal seems a living Case of Fireworks, a System of involved and complicated Tubes, ready to be discharged for every Motion of every Muscle. This Supposition seems rather the Production of Wit and fine Imagination, than of a solid and philosophical Judgment. But this Discourse swells to a greater Bulk than I intended. Those who would see this Subject treated more fully, and with more Accuracy and Method, I refer to Dr. *Willis* on Hysterick Affections, and to Dr. *Purcell*, a Learned Gentleman, not only well versed in the Theory, but likewise skilful in the Practice of Physick; in whose Treatise of this Distemper, the Reader will find many useful Observations and Instructions, as well as curious Experiments.





S E C T. II.

Of the Power and Influence of the Spleen on human Understandings.

THough I have in the preceding Discourse demonstrated, that the Distemper denominated the Spleen, consists in the inordinate and perverted Constitution of the animal System of the Nerves and Spirits; yet I must admonish the Reader, that tho' in the following Pages I shall often make use of the word Spleen, it must still be understood in the Sense before explain'd.

From the different Nature and Constitution of the Spirits arise different Qualifications and Turns of Mind, which give to the Possessors of them various Appellations.

Those who believe that human Minds are in themselves equal, and that all the wonderful Distinction of intellectual Excellencies and Perfection, which appears in the Individuals of Mankind, arises from the different Dispositions of the Humours,

mours, and various Formation of the Organs of the Body, which supply the Mind with different Instruments for its Operations, will be ready to embrace a mechanical Explanation of the Inequality of human Understandings. According to this Way of thinking, a great and admirable Genius will be allow'd to result from some curious Structure of the Brain, from regular and exalted Ferments, and more immediately from the Fineness, Vivacity, and abundance of the Spirits, which enrich the Imagination with clear Ideas, and enable the Soul to exert all her Powers to the utmost of her Activity; tho' I shall not contend with any who account for this surprizing Disparity of our superior Faculties, by asserting, that Minds without respect to the Body, are often by Nature of very different Capacities.

This elevated Order of Men is divided into many subordinate Degrees of Distinction, according to the various Proportion of Genius and Judgment imparted to their Constitution: It is not however by their Swiftnes of Conception, Brightness of Imagination, and Redundancy of Spirits, that they are discriminated from others; but Prudence and good Taste, Solidity of Sense, Reflection and consistent Reasoning, are the essential

S

Diffe-

258 *An Essay upon the Spleen.*

Differences which constitute this first Rank of Men, and vary and limit them from Multitudes, who have other intellectual Endowments in common with the wisest.

The finer Spirits here described, are not only distinguished from others by their different Measures of Wit and Understanding, but likewise by their different Temperament, resulting from the various Combinations of Humours and Ferments, which meet together and blend and qualify one another in their particular Compositions; and this Diversity of Character in the ingenious Natives of this Island, proceeds from nothing more than from a lighter or stronger Tincture of what we call the Spleen in their Mixture.

The Spleen, a Quality almost peculiar to this Nation, is of a different Nature from Madness and Distraction, which are frequently the Diseases of hot Countries, and, as I have before explain'd, is the particular Constitution of the animal Spirits, stimulated, enliven'd, and refin'd by certain active Principles, to a greater Degree than they are in others. 'Tis therefore a general and just Observation, that those who are endow'd with a moderate Portion of the Spleen in their Complexion,

An Essay upon the Spleen. 259

on, are Persons of superior Sense, and extraordinary Vivacity of Imagination; and while predominant Judgment holds the Reins, and keeps the Balance of Power equal and steady in the Soul, governs its Operations, and prevents the Excesses and Irregularities of the lighter Faculties, this happy Complication cannot but produce an excellent Genius.

It is for this Reason, that as some, to procure Reputation, personate the Characters of good or bad Men, and are Hypocrites in Virtue or Vice, as the one or the other grows in Fashion; so many, to be thought Men of Parts and Ingenuity, lay claim, out of mere Ostentation, to the Power of the Spleen in their Complexion, to which they have no manner of Title; nor are there Instances wanting in the fair Sex, who pretend to this reputable Distemper of the Spirits, with the same Vanity that others affect the Beauty of an unsanguine and sickly Countenance.

It is true, this Complexion has Advantages above others, yet the Possessors often pay dear for their Superiority; those especially of the beautiful Sex, whose tender and delicate Fibres, and the lively Motions of their Spirits, make them obnoxious to violent Attacks of the Head,

260 *An Essay upon the Spleen.*

and painful Hyſterick Paſſions. The Springs of their Sufferings by vulgar Error are called Vapours, accounted Diſeaſes ariſing from noxious Humours, while they are nothing elſe but the natural Effect of the Keeneſs, Mobility and Richneſs of the animal Spirits; of which they cannot be cured, but at the Expence of their good Senſe, and the Prejudice of their ſprightly Imagination.

It is true, if theſe active Principles implanted in their Conſtitution, by getting ground of the reſt, which ſhould reſtrain them, grow predominant and licentious, they produce a Diſtemper, which attended with numerous uneaſy Symptoms, and accompany'd with Suſpicion, Diffidence, Irreſolution, Inconſtancy, Timidity, and perpetual Apprehenſion of Death, often approaches to a State of Lunacy, tho' it rarely riſes to that Exceſs.

I cannot diſmiſs this Subject, till I have made the following Remarks. Tho' the Diſtinction that appears in the Air and Aſpect, the Mien, the Structure and Motion of Mens Bodies is remarkable, that of their Faces and Features is ſtill more ſurprizing; and tho' this Diſagreement of Countenance does not only diſtinguiſh one Individual from another, but there is likewise a peculiar Caſt of Face in the

An Essay upon the Spleen. 261

Natives of different Countries, especially if at a great Distance; yet there is not a greater Diversity in the Countenances of different People, than of Humour and Disposition of Mind. All Nations have something in their Complexion appropriated to themselves, arising from the Difference of Soil, and Degrees of Heat and Cold in the Air they breathe; the *French* and the *Spaniards*, the *Italians* and the *Britons*, are no less divided and distinguished by their Inclinations, Habitudes and Manners, than by the Boundaries and Limits of their Countries.

But of all these different People, the Temper of the Natives of *Britain* is most various, which proceeds from the Spleen, an Ingredient of their Constitution, which is almost peculiar, at least in the Degree of it, to this Island. Hence arises the Diversity of Genius and Disposition, of which this Soil is so fertile. Our Neighbours have greater Poverty of Humour and Scarcity of Originals than we. The *Spaniard* sarcastically says of the *French*, *If you have seen one, you have seen all*; tho' a *Frenchman* may as justly retort the Raillery on the grave *Castilian*: And this may be as truly affirm'd of the *Italian* on each Side the *Appenines*, and of the *High-Dutch* and *Low*. But an *Englishman* needs

262 *An Essay upon the Spleen.*

not go abroad to learn the Humours of these different Neighbours; let him but travel from *Temple-Bar* to *Ludgate*, and he will meet, among his own Countrymen, the *Frenchman*, the *Spaniard*, the *Italian*, and the *German*; he'll find Persons as much disagreeing, as all the Nations of *Europe* can show; and more than this, he may discern in single Persons, as they are sober or inflam'd with Wine, dejected by a Disappointment, or elated by a lucky Accident, or as they have been cross'd by their Wives, vex'd by disobedient Children, or put out of Temper by their Servants, in four and twenty Hours, the Dispositions and Humours of all the Nations of *Europe*.

When the Spleen, in too great a Proportion, affects Men who are curious to enquire into the secret Operations of Nature, it introduces into the World a strange Variety of fantastical Adepts, and whimsical Philosophers; and if it mingles in an excessive Degree in Constitutions dispos'd to Theological Contemplations, it fills the World with odd and irregular Productions of another Kind, numberless Visionaries, and extravagant Sects of Religion, distinguished by their several chimerical Singularities, superstitious Fears, and Hypochondriacal Enthusiasm. And hence

hence it comes to pass, that so many morose, rigid and melancholy Persons unhappily bring Dishonour on the Practice of Virtue, by tempting others to look on Religion, which in it self is most amiable and delightful, as an unlovely and frightful Object. From this Observation, some Men of Wit have reproached all Devotion, as the Effect of a distemper'd Brain, and an Imagination over-agitated by the Spleen; but they might with as good Reason infer from the numerous Diseases and monstrous Deformities which are found among Mankind, that there is no healthful Constitution, or beautiful Frame of Body in the whole Species.

By what has been said, predominant Judgment and Discretion are settled as the Limits, which circumscribe the Man of Sense and the genuine Wit from others of a different Nature and Denomination: If you pass this Frontier, you enter into a wild uncultivated Region, an Intellectual *Africa*, that abounds with an endless Variety of monstrous and irregular Minds. These absurd Understandings are the Errors and Deviations of Nature in the Formation of the Head, of which thousands are incompleat to one that is brought to Perfection.

264 *An Essay upon the Spleen.*

Infinite is the Variety of these Tribes of Men, that are destitute of good Sense and Judgment, whose general Heads are divided and subdivided into numberless Branches, all diversified by their peculiar Oddnesses and specifick Caprices. It is extremely difficult to trace essential Differences among regular Beings, but it is much more so to settle the Boundaries that divide one Species from another among these anomalous Productions: their constituent Whimsies are so very delicate and abstruse, that perhaps they often consist in the improper Length, Size or Situation of a Fibre, in a disproportioned Humour, or an immoderate Ferment in the Composition; but to gratify the Curious, I shall attempt to deduce the Pedigree of some of the most eminent Clans.

When Stupidity and a great Degree of Splenitick Madness meet in the same Complexion, while the former reduces and qualifies the latter, and the latter enlivens and refines the former, the Production is either a Coxcomb, a Buffoon, or a mere Wit, which are multiply'd into numerous Kinds, as their Ingredients meet in various Proportions, or are more slightly or more intimately blended and combin'd. From these different Complications arises the distinguishing Disparity,
that

An Essay upon the Spleen. 265

that is found among the numerous subordinate Classes of these ambiguous Animals, to which the Rational and Irrational World equally pretend; such are the several Tribes of the Half-craz'd, the Impertinents, the Pedants, the perpetual Talkers, the Men of Form, the Masters of insignificant Eloquence, and the Affected, which Class includes an under Species equally disagreeable, of those who with visible Affectation labour to appear unaffected.

If Hypochondriacal Fury has the Superiority in the Mixture, a Progeny is produced of shining Fops, Poetasters, petulant Laughers, or morose false Criticks; but if the Fool prevails and keeps the Madman under, you have a surprizing Race of crafty Blockheads, who are senseless in Conversation, yet cunning in their Actions, and cheat us daily under the Appearance of Stupidity. Hence also proceeds a Species of Men, who having only a Sprinkling of Genius in their Composition, always aim at fine Things, and disturb the Company with insipid Raillery.

As often as the Balance of Power between these two Qualities is broken, according to their different Degrees of Superiority on either Side, a new Set of
these

266 *An Essay upon the Spleen.*

these capricious Animals is brought into Being, whose common Nature is more varied by their several whimsical Properties, than the Ape or Monkey-kind, which imitates this irregular Race of Men, as the others resemble Persons who are endowed with Genius and good Sense.

These Reflections bring to my Thoughts a Story, which I have somewhere read, of a young Gentleman in the Court of *France* during the Reign, as I remember, of *Henry* the Third: This Person being of a graceful Aspect, great Humanity and obliging Behaviour, was beloved by all, notwithstanding that his little Share of Sense made his Conversation low and trifling: It happen'd, I cannot recollect by what Accident, that this Gentleman grew distracted; and then the Ferments of the Madman having agitated and exalted the flegmatick Fool, he became an ingenious and pleasant Companion, the Court was mightily pleas'd with him, and engaged the King's Physician to undertake his Cure; the Gentleman by the Doctor's Prescriptions soon recover'd, but the Fool recover'd with him, his shining Parts were sunk and effaced, and his Head reduced to its original Softness,

As

An Essay upon the Spleen. 267

As in the Instances I have given of the various Compositions where Judgment and Discretion are no Ingredients, Stupidity and Fury are so thoroughly mixed, as to make a Composition, different in Kind from either of the combining Principles; so it falls out, that the Union of them in some Constitutions is so slight and loose, that, like Wine and Oil but gently shook together, they are not perfectly blended and incorporated, but still preserve their distinct Natures: and not being entirely united and consolidated, this Confusion, rather than Mixture, in which the Principles easily separate, makes not a complex Being of a different Appellation. This defective Composition produces an inconsistent Race of Men, which may be denominated lunatick Wits; in whose slack Contexture the Madman breaking loose from the Fool, and the Fool disengaged from the Madman, often appear entire and uncompounded, or at least in a great measure free from Allay. In this Complexion the two Competitors seem to have compromised their Differences; and being determined to act independently, share the Government of the Man between them: The first, as Sovereign, takes Possession of the Brain, and rules the Imagination; whence arise the Acuteness

ness of Thought, Quickness of Apprehension, those surprizing Turns of Wit, and that entertaining Humour, which are always peculiar to this Species. The Provinces where the last has Dominion, are the various Concerns and Affairs of Life, in which he acts as uncontrolled, and shines as conspicuous as the Lunatick does among the intellectual Powers. Hence it comes to pass, that the speculative Wisdom, and the practical Folly of this Tribe, illustrating and improving each other, are both admirable; and that famous Expression may justly be applied to them, *They never speak a silly Thing, and never do a wise one.*

It is from the Contemplation of this Species, that a known Observation has been made, That all great Wits have a Tincture of Madness. The Reason of this Remark, I imagine, is, because that as in Proportion there are a greater Number of Wits of this Species than of any other; so they are likewise the most eminent for sprightly Imagination, agreeable Strains of Raillery, and genteel Satyr. A Wit of the lunatick Kind has Spirits so expanded and inflamed, that one Heat more had made him a *George Fox*, or a *James Nailor*; the Transition being very easy from the Frontier of this Class to the College

An Essay upon the Spleen. 269

College in *Moorfields*. While a Man of Wit of this Rank, has so much of the flegmatick Principle in his Make, as bridles the Lunatick, no Genius is more admirable, either in Conversation or Writing; but such are his Inequalities, and so many Excursions from good Sense appear in the Conduct of his Life, that it is evident his Composition is inconsistent and extravagant: and this was the Case of a noble Peer, one of the most shining Wits of the last Age.

All these Ranks of absurd Productions in the rational World, which I have mentioned, agree, as I have said, in one general Notion, namely, Indiscretion and Privation, or Absence of Judgment; but the particular Properties and curious Particularities, which, by a wonderful Fertility, produce subaltern Orders, are innumerable; for Error or Deviation is infinite, and no Mind is endowed with sufficient Sagacity to trace the minutest Recesses of Nature, unravel the odd Complications of disagreeing Principles, and tell where one Species ends, and another begins.

This is the Province of the Comick Poet, and perhaps no Nation on Earth furnishes him with a greater Variety of original Humourists, or more surprizing,
ridicu-

ridiculous, whimsical Characters, to be exposed on the Stage, than our own Island; which I believe is the Reason that the *British* Theatre affords more Entertainment of this kind than any of our Neighbours, who, in comparison of us, are indigent of such Distinctions and Particularities.

I have represented in short predominant Madness, allayed with Folly; and now shall consider prevailing Folly, sprinkled with Madness. Though in the Struggle of the contending Ferments, while the Individuals of this kind are in Embryo, the wild and furious Principles are at last overpowered, and the crude and flegmatick get the Dominion; yet there still remains interspersed in their Compositions some glimmering Streaks of Mother-Wit, and Discoveries of the elemental Madman.

As those Productions, in which the raging Particles are not half tamed, and but slightly hampered with the sluggish, may be denominated lunatick Wits; so where the Madman is shackled, by being thorowly worked and kneaded into the Fool, if the Balance is considerable on the side of the latter, since the Denomination must always arise from the prevailing Quality, this kind may justly be called lunatick Fools.

As

As in general by the first fundamental Settlement in these Complexions, the greatest Share of Authority is lodged in the last; and the first, who is apt to be seditious, is manacled and kept under Hatches; so the exuberant Fertility of these dull Animals is determined to various Species, limited by their peculiar Ideotisms and Characters of Stupidity. This Temperament of Dominion keeps the Fool from being absolute; for though the Government of the Man is entrusted with him, and the Passions and Appetites commonly are obedient to his Dictates, yet the Madman will often break loose; and though buried in a flegmatick Heap, like *Enceladus* under *Aetna*, he will now and then shake himself; and striving to get free, make terrible Commotions: and it is from the different Proportions of Strength, secured to the one by the original Compact, and the various Limitations under which the other must act in different Persons, that these essential Distinctions proceed, which discriminate the numerous Branches of this witless Kind.

A perfect Enumeration of them is impracticable; for what Imagination has Compass enough to conceive the infinite Variety of ridiculous and absurd Animals,

272 *An Essay upon the Spleen.*

mals, produced by the different Combinations of Fury and Folly, diversified by the Mixture of other Qualities? The principal Denominations are, the Blockheads, Sots, Blunderers, half Ideots, perpetual Laughers, and the Unreflecting, who are in a Surprize at every Event, and are known by the use of that silly and unavailing Sentence, *Who would have thought it?* Most of these enjoy a steady and immutable Dullness, while the Fool is always uniform and consistent in his Actions; but many of them, according as the Moon, Wine, hot Seasons, or violent Provocations, rouse their Spirits, express a great Inequality of Weakness; and their Stupidity is interrupted by lunatick Intervals, as now and then they feel a Paroxysm of the Madman.

I have before named an eminent Species of this Race, that are crafty Blockheads, where the lunatick Activity of the Spirits seems so oppressed with sluggish Humours, and the Madman so perfectly disguised, that at the first Conversation you imagine the Fool is pure and entire; but if you come to drive a Bargain, and think to take an Advantage of his want of Sense, you are undeceived, and find that he is more Knave than Fool.

As

As the *Mundus Intelligibilis* of lunatick Wits, and other Tribes of a whimsical and irregular Genius, lies in a Zone parched by too much intellectual Heat, whence their Brain is dry, and their Spirits are fired and rarified to Excess; so on the contrary these Boeotian Territories, which are barren of Understanding, are extended in a frigid Climate, and are visited but with weak and languishing Rays, whence the Spirits are benumbed, and but half animated; and being incumbered and involved in crude and heavy Humours, the Mind is torpid, and unable to exert any bright Operations: and as in the Case of lunatick Wits, the Madman has Dominion over the Head, and the Fool over the Actions; so here the Reverse often happens, while the Fool reigns in the Head, and the Madman in the Life.

There is another Species in whom the Fool is mightily prevalent, who however, from a certain Participation of Lunacy, feel a violent Inclination to be reputed Men of Parts. Hence they are prompted by a restless Instinct, to court the Acquaintance of the fashionable Wits; they crowd among the Criticks of the first Rank, that lead the Taste of the Town, determine the Fate of Writers, and deal out Esteem and Praise at Discretion; they believe the

T

Reputa-

Reputation of having mingled in the Company, and heard the Discourse of such applauded Persons, is sufficient to elevate them above the Vulgar, and to rank them at least in some subaltern Order of Wits. Though these Persons have enough of the Madman in their Mixture, to make them aspire to this high Conversation, yet they have such a Redundancy of the Fool, that they cannot discern that they are a standing Jest among those superior Men, whose Favour they solicit with so much Importunity.

There is on the contrary another Clan of these Animals, who have a great overbalance of the Fool, and a slight Dash of the Madman, worked up with a sowe, melancholy Leaven; whence their Temper is always dull, morose and cloudy. As a Person of this Constitution is incapable of lively Imagination and pleasant Humour, so he detests nothing more than Wit and Raillery; his Brain is encompassed with a Fence of such impenetrable Thickness, and his Spirits so clogged with Dregs, and muffled up with Flegm, that his Head is inaccessible to all the Powers of Sense and Ingenuity: He looks upon a Man of Wit to be no more than a merry, trifling Creature, formed by Nature like the Monkey, for no other purpose

An Essay upon the Spleen. 275

pose than to make People laugh. These Persons are either great Managers in Business, and slavish Projectors of Wealth, or haughty and insolent in the Enjoyment of an over-grown Fortune. If you name a Man of shining Parts in their Company, the first Question they ask is, what is he worth? It is pleasant to see with what supercilious Arrogance they pretend to look down on Qualities which are above them, and with what an impertinent Satisfaction they despise what they are not able to attain.





*Of the Influence of the S P L E E N on
the Manners of Men.*

IN the preceding Parts of this Discourse, I have observed that the Temperament of the Body, which Physicians call the Spleen, while its Power is limited to a moderate Superiority, is not a Disease, but in reality a generous Constitution, which gives that Acuteness, Vivacity of Imagination, and Abundance of Spirits, that exalt the Possessor above the Level of Mankind. From this active Spring, as it is differently mixed and modified by Combinations of various Humours, arise in this Island, where it so much prevails, that great Variety of Men of Sense and Wit, as well as weak and irregular Heads, who have however such an original Dissimilitude to each other, as cannot but surprize the Observer. Nor is the Spleen less concerned in settling the numerous Characters which are found in the moral World, where Vertue and Vice take a different Turn, and acquire distinct

strict Properties and Appearances, as this Leaven, that agitates and exalts the Spirits, has more or less the Balance in the Complexion.

The Philosophers and Divines who have composed Systems of Ethicks, describe Vertues in their greatest Height and Perfection, and delineate the Ideas, as existing in their own Imagination, pure and refined from all Stains of the opposite Vices, like those Painters and Sculptors, who sometimes by the Strength of Fancy represent more beautiful Faces than any which are framed by Nature; such were always esteemed the *Venus* of *Apelles*, and that of *Cleomenes*.

But the epick and tragick Poets, as well as the prose Writers of Characters, exhibit Vertue and Vice mingled and blended, as they find them really existing in Mankind, where they appear in different Shapes and Distinctions, arising from the different Proportions in their Mixture.

No Man is adorned with Vertue so refined and spotless, that it is not debased and sullied by some impure Allay; nor have any acquired that supreme Degree of Vice, which excludes all good Inclinations, and entirely extinguishes the Sense of moral Evil. Should we therefore ab-

278 *An Essay upon the Spleen.*

ſtraſt from Men of the higheſt Claſs, who approach the neareſt to Perfection, all their Excellence and Vertue, and draw their Characters only by their Faults and Follies, they would appear odious and ridiculous; on the other hand, ſhould we ſeparate all their evil Ingredients from the worſt of Men, and repreſent them by their good Qualities only, they would ſeem regular and amiable, or at leaſt not deformed.

Though various ſpecifick Natures are required to diſtinguiſh one Order of Animals from another, yet in Morality the different Degree of Vertue or Vice, as one or the other is ſuperior in the Mind, is ſufficient to conſtitute and denominate a good or bad Man. From this predominant Degree the Line is drawn that limits the two oppoſite Species, and divides the moral World in halves, where the People of each Hemisphere are diverſified by the various good and bad Qualities which meet together in their Temperament. It is eaſy to diſcriminate, by the conſpicuous heroick Vertues of the one, and the prodigious Wickedneſs of the other, the beſt and the worſt of our Race: But the loweſt Rank of good, and the higheſt of ill Men, as well as the numerous intermediate Species

An Essay upon the Spleen. 279

cies of each Kind, have so great a Resemblance and Affinity to each other, that it is very difficult to settle their Distinctions.

As the several Combinations of Splenetick Madness and Folly produce an infinite Variety of irregular Understandings, so the amicable Accommodation and Alliance between several Virtues and Vices produce an equal Diversity in the Disposition and Manners of Mankind; whence it comes to pass, that as many monstrous and absurd Productions are found in the Moral, as in the Intellectual World. How surprizing is it to observe among the least culpable Men, some whose Minds are attracted by Heaven and Earth with a seeming equal Force; some who are proud of Humility, others who are censorious and uncharitable, yet self-denying and devout; some who join Contempt of the World with sordid Avarice; and others who preserve a great Degree of Piety with ill Nature and ungovern'd Passions. Nor are Instances of this inconsistent Mixture less frequent among bad Men, where we often with Admiration see Persons at once generous and unjust, impious Lovers of their Country, and flagitious Heroes, good-natur'd Sharpers, immoral Men of Honour,

Honour, and Libertines, who will sooner dye than change their Religion: And tho' it is true, that repugnant Coalitions of so high a Degree are found but in a Part of Mankind, yet none of the whole Mass, either good or bad, are entirely exempted from some absurd Mixtures.

Virtue never makes a more bright and amiable Appearance, than when it is introduced into a Complexion, where the Humours of the Body are so perfectly blended, the conflicting Ferments so well balanced, and the Activity of the Spirits so moderated, that the Possessor is by that Temperament dispos'd to Industry, Benevolence, and Serenity of Mind. By this fine Nature resulting from their original Constitution, Children become a Soil prepared to receive the Seeds of Virtue, which cultivated by good Education, come forward apace, bear early Blossoms, and soon rise to great Perfection. Tho' these are ranged in the highest Class of excellent Men, yet their Mixture is faulty and imperfect; that gentle, humane and complaisant Temper, which disposes them to Goodness, not being accompanied with a sufficient Portion of Fortitude, not only makes them unapt for brave and hazardous Attempts, but exposes them to un-

warrant-

warrantable Compliances, by which they may gain the Favour of ill Men, whence their Virtue receives many Blemishes.

Others have a noble Fire that pushes them on to great Undertakings and heroick Actions, in defending their Country, and promoting the Happiness of Mankind; but it must be acknowledg'd, that the same Warmth of Temper exposes them often to passionate Resentments, rash Expressions, and indiscreet Actions. The World is highly indebted to this active Complexion, that proceeds from a due Coalition of the Splenetick Leaven and refin'd Chöler, which is requir'd to form the Patriot and the Hero; and it is reasonable to forgive their Faults and Irregularities, since they spring from the same generous Principle, that makes them the Benefactors of Mankind, and the Glory of their Country: Were it not for their extraordinary Merit, they would be liable to fewer Errors.

The Men of Virtue first described by the Sweetness of their Disposition, the Government of their Passions, and their fine Humanity, have an undisturb'd Possession of themselves, and provide best for their own Peace and Felicity; but the brave and active Individuals of the last

last Sort, who neglect their private Interest for the Good of others, and engage in the most dangerous Enterprizes, notwithstanding their Imperfections, are the most beneficial to Mankind; and this is the mixed Character of the greatest Spirits in all Ages, not only of Pagan, but of Christian Heroes, whose generous, and sometimes ungovernable Fire, has been the Cause of their illustrious Actions; the first save themselves, but the last their Country; one is freer from Defects, but the other has more Beauties.

Another inferior Class of vertuous Men is constituted, when a prevailing Degree of Piety is infused into a Complexion where Flegm and Hypochondriacal Melancholy are united: In these, though Piety is indeed predominant, yet it is so rough, querulous, and ill-mannered, that it makes an unlovely and disagreeable, if not a forbidding Appearance. It is surprizing to find a Man of Vertue either always sad, and tormented with Scruples; or supercilious, sullen, and censorious; to see Piety mixed with Malevolence and Singularity, rude Sanctity, or discontented and desponding Goodness. Though a prevalent

lent Degree of Vertue gives them the Denomination of good Men, yet they cannot be reckoned as Members of the first Rank by any but themselves.

The next sort is of those where the Spleen has an inordinate Dominion, who are always wavering and irresolute, and always halting between Vice and Vertue. From the Fluctuation of their Temper they divide their Time by reciprocal Returns of Sinning and Repenting, and spend all the Periods of Life in violating and renewing their Vows and good Purposes. These approach so near to the Frontier of bad Men, that it is difficult to determine to which moral Species they belong. It is certain, that if their Vertue in this doubtful State is superior, yet the Distinction is so nice and hard to be discerned, that the Possessors are not able to observe it; and therefore can reap no Satisfaction from the Consciousness of their Vertue here, or the Expectation of its Reward hereafter. It must be an eminent Degree of Goodness, that by the Review of it can fill the Mind with Joy and Satisfaction. Weak and unequal Piety must leave a Man in constant Suspence about his Safety,

284 *An Essay upon the Spleen.*

Safety, while he still continues balancing and undetermined, whether his good or bad Actions, his Vertues or his Vices, have the Ascendent: But of this I have discoursed at large in the Essay on *False Vertue*.

FINIS.

